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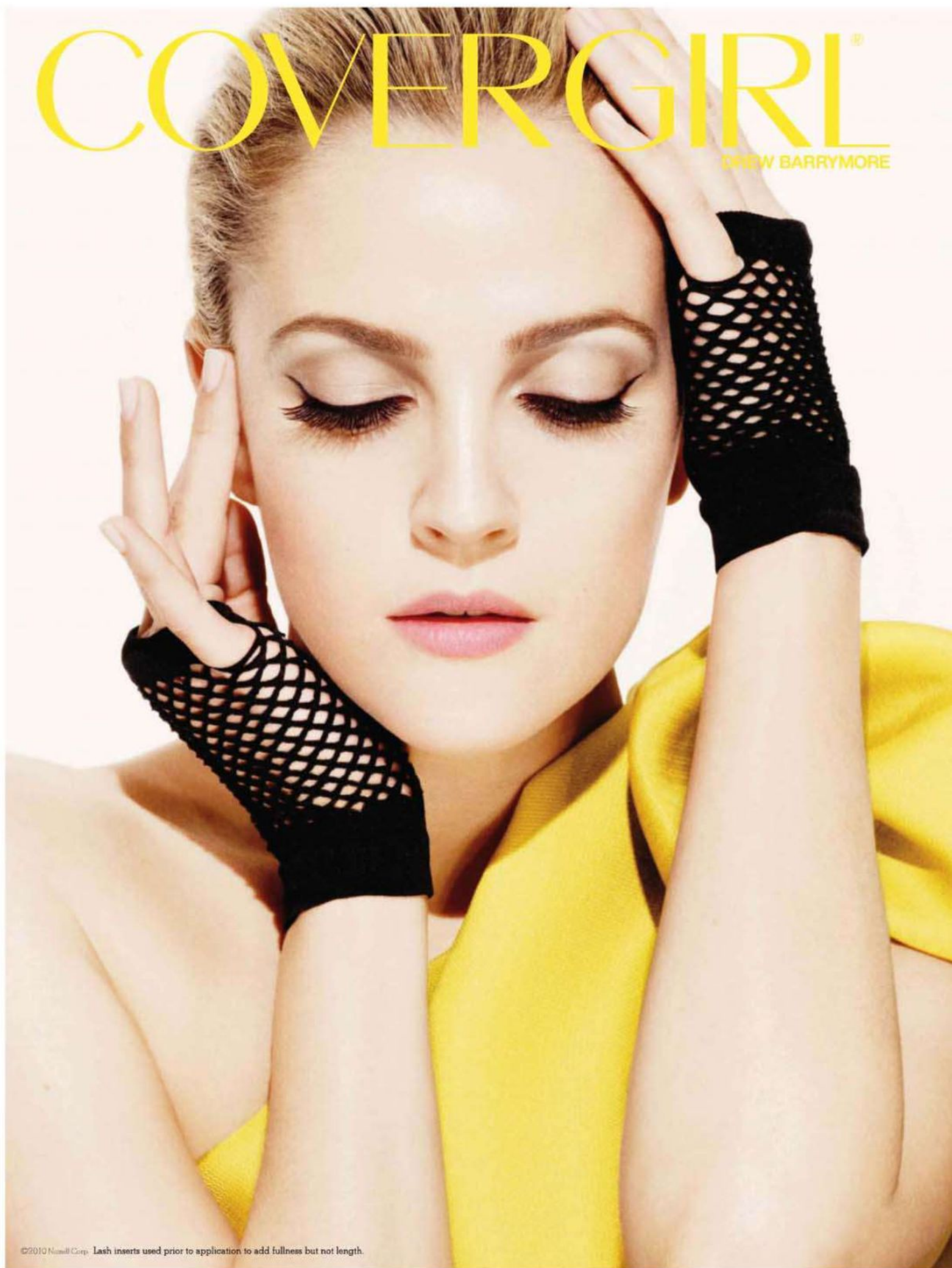
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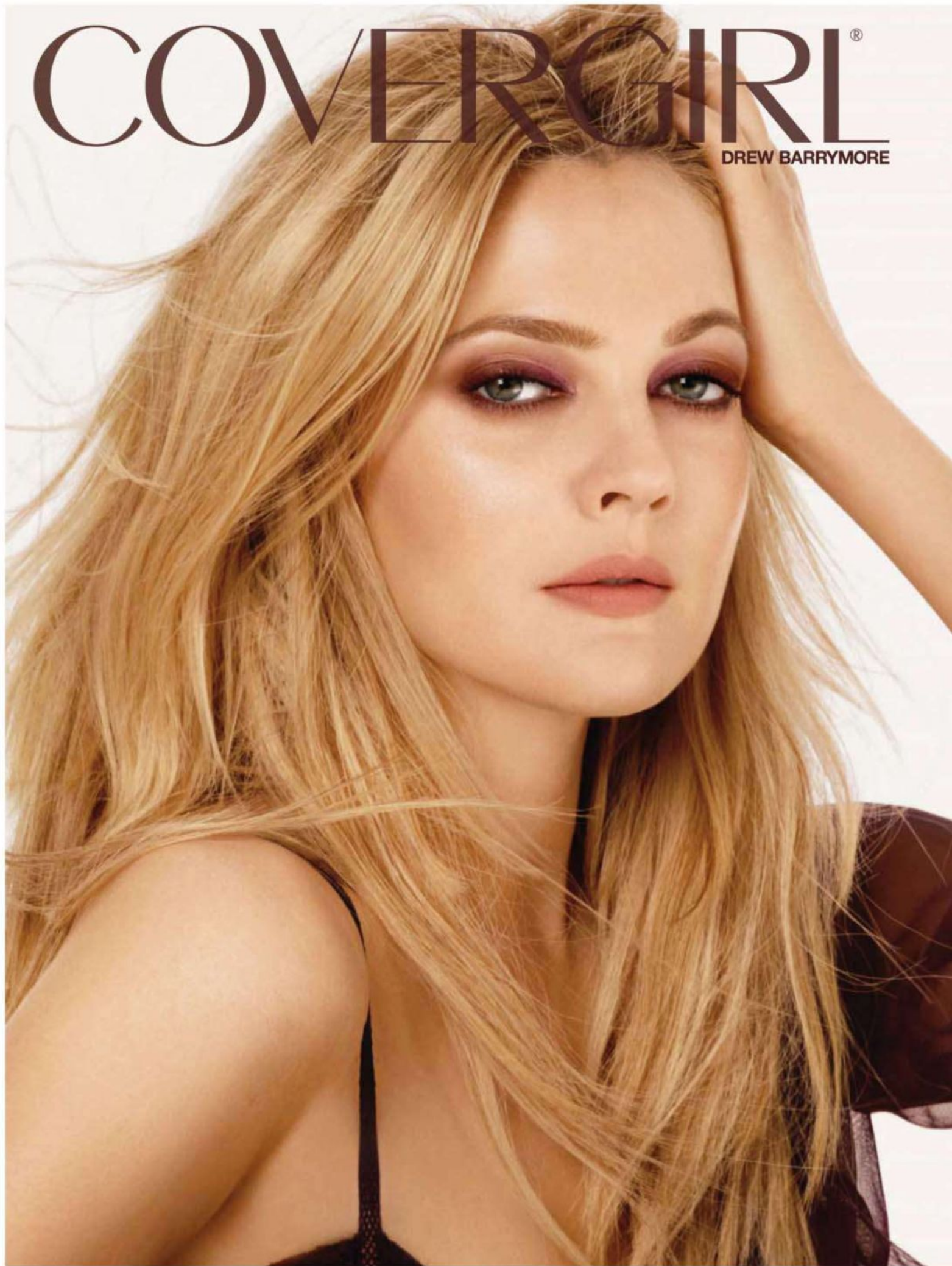
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A full-body photograph of Lauren Conrad against a plain grey background. She is wearing a strapless, knee-length dress with a grey and white lace pattern and a wide gold belt. She is also wearing gold high-heeled sandals. Her long blonde hair is blowing in the wind. She is holding a small glass of milk in her right hand, with a splash of milk frozen in the air above it. Her left hand is on her hip, and she is looking towards the camera with a slight smile.

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seventeen OCTOBER 2010

**INSIDER
STYLE
SECRETS!**

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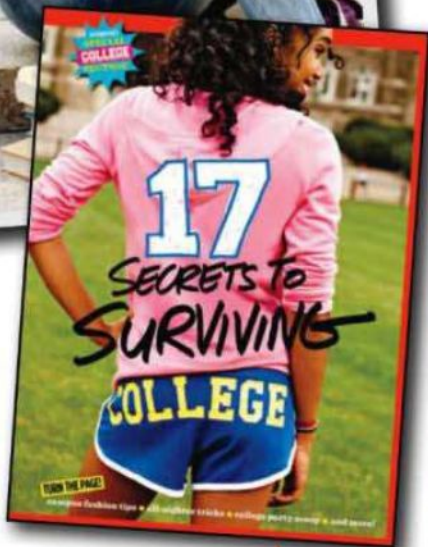


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THE DREAM: **WRITER**

DREAM BIGGER:

EDITOR-IN-CHIEF

Guess what? Being editor-in-chief of a magazine isn't just about meeting celebrities and wearing fabulous shoes. (Though that *is* a part of it: I loved trying on the Louboutins!) But before Ann worked her way up to editor-in-chief of *Seventeen*, she grew up in a house filled with magazines—*Vogue*, *Time*, *Cosmopolitan*, and yes, *Seventeen*—where her mom almost never threw out an issue. Ann loved that magazines were bursting with fresh ideas and amazing fashion, but she never thought it could lead to a career. In college her dream was to be a novelist, until an internship at *Rolling Stone* reminded her how exciting magazines could be. And as an editor at *CosmoGIRL!* she realized how *fun* it was to work with teen girls.

Like Ann, I've been collecting magazines for years. Growing up, I'd have piles of *Seventeen* and *CosmoGIRL!* in my room, dog-eared and hole-punched into binders. I love Ann's dedication to the millions of *Seventeen* readers. She wants us all to know that our dreams have no limits.

Taylor: If you could go back in time and give yourself one piece of advice, what would it be?

Ann: It's actually a piece of advice that Barbara Walters gave to young women when I met her. Barbara said, "Don't look at how your life is now and feel it's going to be that way forever. Most young women have no sense of how interesting their

Hi from Ann!

This month my editor's letter is being taken over by the awesome **Taylor Trudon, 21**. I met Tay last year when she won the prestigious New York Women in Communications Scholarship. As she **accepted** her award, she was asked whose job she wanted someday and she said mine! (So I let Taylor follow in my footsteps literally—she's wearing my shoes in this pic!) She looks great with her feet up on my desk, but there's more to snagging your **dream job** than looking the part. So where can *you* start? To find out, we **interviewed** the smartest, coolest women who live the kind of lives we all want to have. It's part of our **Dream Bigger!** campaign. (Check it out on p. 166!) It's so important to imagine the biggest, brightest, **most fun** future you possibly can. And we want to help you every step of the way. I get so many letters from girls saying they want to be editor of *Seventeen* one day, so I let Taylor **interview** me (below) about how I achieved my dream—I hope it helps you get yours! Tell me how *you're* dreaming bigger at ann@seventeen.com.

XOXO
-A.

lives can be." That's the advice I would give myself. Always go for the interesting over the easy.

Taylor: What drives you to keep pushing for more?

Ann: I always want to have *new* experiences. How can I become good at something different? I get bored in a *heartbeat*. If I've done it once, I don't want to do it again. I want to do something new!

Taylor: How are you able to keep dreaming bigger?

Ann: Every January, I write a list of goals on a Post-It and stick it to my computer. I ask myself, What do our girls need from us now more than ever? Surprise, magic, and *dreaming* were at the top of that list this year. Those are my guiding principles, the big picture ideas of where I want to be.

Taylor: How should girls get themselves noticed?

Ann: Never be afraid to tout your achievements and give yourself credit. Be humble, and give credit to your teammates too, but let people know about the awesome things you do. It helps validate you and keeps you motivated to do bigger and better things!

ANN'S DREAM BIGGER TIP

"Clear your life of people who drag you into bad situations. But at the same time, don't be afraid of people who are different—they're the ones who will give you new perspectives."

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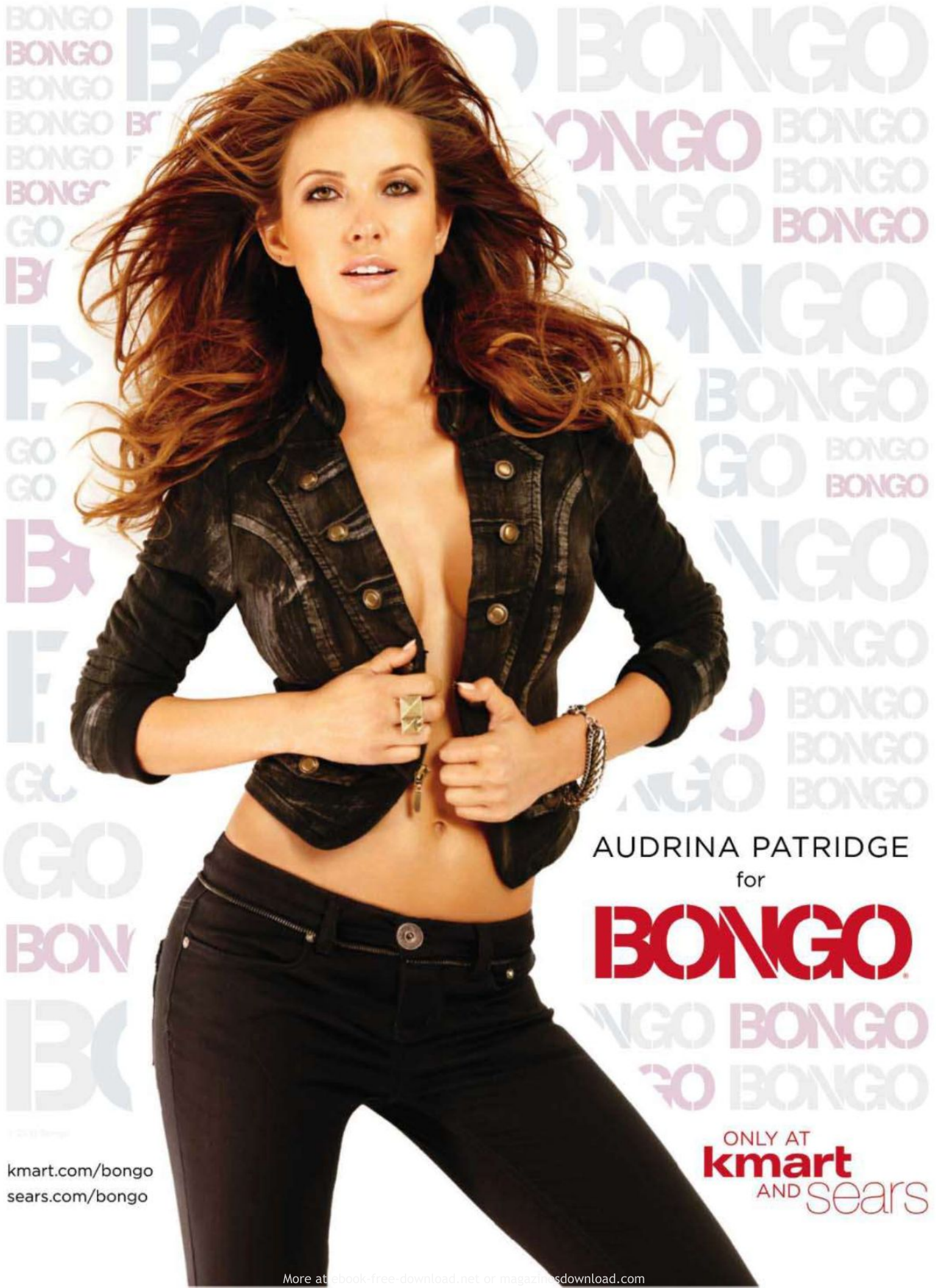
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Natalie dress
[sparkle]



Vivien shirt
[leopard]



Audrey dress
[black]



Bette jacket
[silver]



Natalie dress
[silk]



Loretta sweater
[lace]

beyoncé's line

DERÉON



Gator boots
[gator]



Sensational Luv leggings
[luv]



Square wayfarer
sunglasses
[sunnies]



Lace cami
[cami]



Ever After crossbody
[bag]



Love Lace dress
[love]



Luv N Fashion dress
[fun]

mary-kate & ashley olsen's line

OLSENBOYE FOR JCPENNEY



Plaid ruffle skirt
[ruffle]



Metro clogs
[clog]



Love London tee
[brit]



Zip front floral dress
[floral]



Messenger bag
[moto]



Royal boots
[edgy]



Jumper top
[pockets]



Challis tunic
[studs]

OLSEN: (MAIN PHOTO) KEVIN MAZUR/GETTY IMAGES; (INSET, BOTTOM) STEPHEN LOVEN/GETTY IMAGES; SIMPSON: THEO WARGO/GETTY IMAGES; GOMEZ: JAMES DEVANEY/GETTY IMAGES; PORT: JASON LAYERS/GETTY IMAGES; BEYONCÉ: JIM SPELLMAN/GETTY IMAGES.

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NEW YORK

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Emily is wearing Eye Studio® Color Plush™ Silk Eyeshadow in Sapphire Siren. ©2010 Maybelline LLC.

what you think!

We hear you: Here are the e-mails about the August issue that got us talking.

DREAM JEANS



I **adored** “Seventeen’s Ultimate Jeans Guide!” I am six feet tall and a size 10, so it’s very **difficult** for me to find the right length and fit. I just started BTS shopping, and finding the **right** jeans is *the* most essential part. The pullout guide fit in my **purse**, and I used it in every store I went into—easy-peasy! Check out my new **jeans**!

—JAZMINE, 16, LANCASTER, SC

LOVE CRIMES

“Cheating Confessions” was **eye-opening** to me because I’ve been cheated on before, and it was weird looking at it from the **other** side. It upset me that Jamie didn’t confess to her **boyfriend** that she cheated on him—for me, the most **devastating** part was to find out on my own. No matter how ashamed and embarrassed you are, your BF or GF **deserves** to know the truth. Period.

—SAM, 15, BONNEY LAKE, WA

COME TOGETHER

“My Friends Helped Me Fight Racism” made me **realize** that I am lucky to have friends of **different** ethnicities, and more important, to live in a community where we don’t even notice it. Cultural **diversity** is a great thing, and I admire those girls for taking a stand **against** racism. I hope I would have been so brave.

—KATIE, 17, WEST CHESTER, OH



rihanna reloaded

“I’m the type of girl who always wants to impress other people, whether it’s clothing, music, or even the appearance of my room. I thought that if you could please everyone, no one will dislike you! After reading Rihanna’s interview in the August issue, my views completely changed. Rihanna inspired me to believe that you have to live for you, not for anyone else. Accept the fact that people *are* going to hate you—that’s just life. In the end, you have to move on!”

—dominique, 16, long beach, ca

BODY BREAKTHROUGHS



I’ve been struggling with my weight as long as I can **remember**. But after **reading** Jane’s, Melissa’s, and Christine’s stories in “Get Your Best Body for Back-to-School,” I felt a whole lot better. They helped me understand that working hard in a healthy way will pay off in the end. I have to stop trying **extreme** diets **to get results**. I hope those girls know that by sharing their stories with *Seventeen*, they’re an **inspiration** to all of us!

—HEATHER, 21, MIAMI, FL

I absolutely **loved** the “Your 6-Week Countdown” chart! It keeps me motivated, entertained, and eager to get in **shape**! Also, it’s great that there are **break** days—it takes off some of the pressure. Exercising is less stressful when I **feel** like I can give myself some time off without feeling guilty.

—CRYSTAL, 17, AVON, IN





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**Now gel
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LASTING DRAMA™
GEL EYELINER COLLECTION

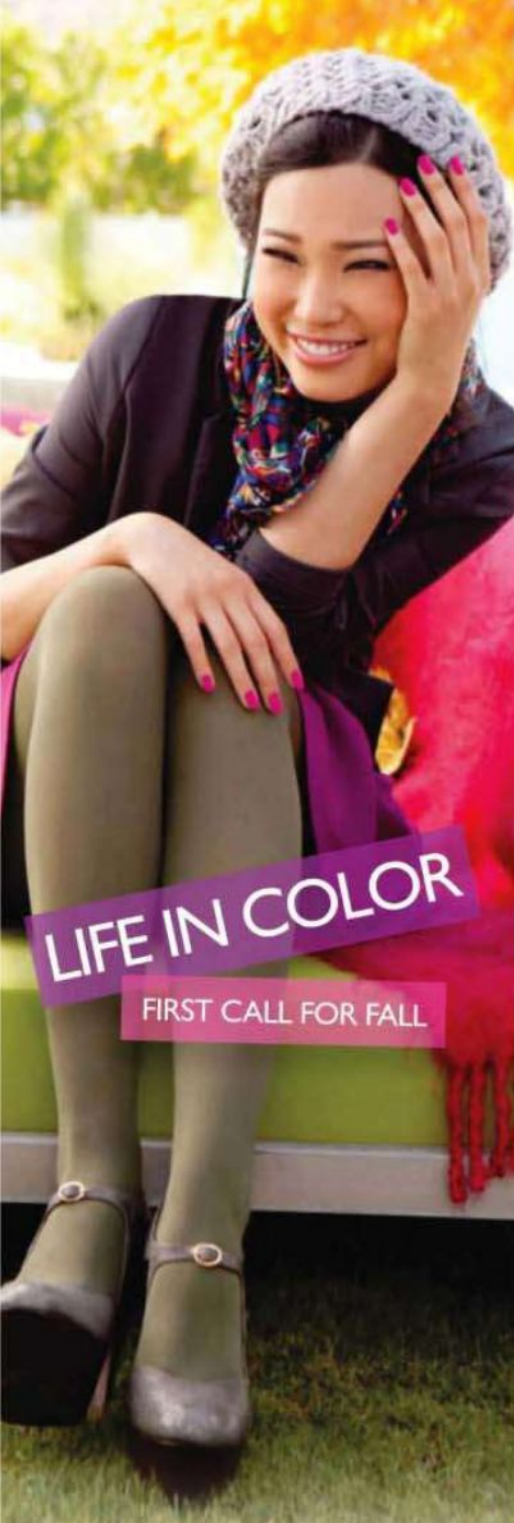
Our oil-free gel loads highly concentrated pigments in a clear base for up to 24 hours without a smudge. Welcome to the next generation of liner.

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NEW YORK

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Kemp is wearing New Eye Studio® Lasting Drama™ Gel Eyeliner in Eggplant. ©2010 Maybelline LLC.



LIFE IN COLOR

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nicolebyopi.com
Model is wearing Ink a Dink a Pink

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TOLUENE, OR FORMALDEHYDE
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Angelica and her
guy, Brandon!

BFF TO BF

No matter how much you tell yourself that a **guy** is strictly a friend, we all secretly wonder what it would be like to **date** him. Taking the "Would Your Guy Friend Make a Good Boyfriend?" **quiz** made me **think** a lot about my own relationships. I recently started **dating** my best guy friend, and after taking the quiz, I am confident that I made the right **choice**!

—ANGELICA, 16, SAN DIEGO, CA

DEAR PHOEBE



My **mom** and I sat at our kitchen table together and **cried** when we read "Letters to Phoebe." Phoebe is me.

Earlier this year, I dated a popular guy in the grade above mine, and a month later his ex-girlfriends started **stalking** me online, calling me a "slut" and a "whore." They even drove past me in their cars and threw **garbage** at me, laughing. I was terrified to go to school in the morning, and I started **skipping** school so I wouldn't have to face them. All I wanted was to fit in. Thank you for talking about how scary **bullying** can be, and the drastic things people will do to escape it. I'm one of the lucky ones—I've had my mom to help me stay **strong**, and I'm switching schools next year. I wish Phoebe had been so lucky.



—KASSI, 15, EDMONTON, AB, CANADA

Dear Phoebe, I was bullied my freshman year of high school. I couldn't turn around without someone calling me something **terrible**. A Facebook group was made about me, with everyone in it listed as my haters. I felt awful. I had done **nothing** wrong, just like you. I came so close to **suicide** until I finally got up the courage to switch schools. Phoebe, I know how it must have felt for you, and I **pray** for you and your family every single day.

—JENNIE, 16, WINCHESTER, MA

picture-perfect



I loved "Your College Shopping Checklist." I used a ton of your tips when I did my BTS shopping this year. (The ottoman with built-in storage was genius!) I was also inspired to literally *Seventeen*-ify my dull dorm room! I tore out bright pages from past issues and put them up on my walls. It looks so cool and I get ton of compliments. Take a look!

—maria, 18, burlington, nc

Freeze that painful pimple in its tracks.



New Neutrogena Sore Pimple Gel.

While it won't literally freeze your pimple off,
its breakthrough formula instantly cools
to soothe painful underground pimples.
MicroClear® technology powers medicine down deep
to reduce redness and swelling in just 8 hours.
Cool.

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in Love with

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cheap tricks



“I adored ‘Smart Shopping Special!’ I actually went out and bought the H&M top with blue stripes and sequins on the shoulders, and it’s seriously become one of my wardrobe staples! I get so many compliments on it—and every time, I feel like it’s my little secret because no one knows how inexpensive it was!”

—AUBREY, 18, FERRIS, MI



STORE CENTS

There were some **great** tips in “More Money for the Mall,” and I’m using Vanessa’s Hudgens’s secret to preshop for the best price before I go shopping! My money always **seems** to fly out of my **wallet**, but my new goal is to make a list of all the **stuff** I need, research the best price, and leave all the extraneous, expensive items on the **shelves**!



—RACHEL, 19, NEW YORK, NY

TAKE A SHORTCUT



I loved “OMG! Hair Makeovers!” Recently, I cut my **hair** for Pantene Beautiful Lengths (a program that donates hair to make wigs for women **undergoing** cancer treatment), and after about a week, I ran out of cute ways to style it. I was frustrated that I couldn’t grow it **back** right away! When I saw how Monica and Lucy

were able to change their looks just by adding bangs, layers, and highlights (while **keeping** their hair at the same length), I was totally inspired. I talked to my mom (she’s a hairdresser!), and I’m **rocking** a whole new fall look now. Check it out!



—JUSMINE, 20, LONDONDERRY, NH

SISTERS 4 CHANGE

Even though I’m not **usually** a big fan of Miley Cyrus, it was really cool to read in “Make a Difference!” that she gives back to the community. I completely **agree** with her quote, “We shouldn’t wait until we’re older to **change** the world.” My younger **sister** has Type 1 Diabetes, so I’ve become involved with the Juvenile Diabetes Research Foundation. She and I have **become** youth ambassadors for our local chapter, and it feels great to be able to raise awareness **together**. It doesn’t matter what age you are, if you feel passionate about something and put your **mind** to it, you can achieve anything you **want**!



—MORGAN, 16, SHEBOYGAN FALLS, WI

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fashion

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Get an A-list look for fall!
Consider this section your
all-access pass to the best
celebrity style tips and tricks.

KEKE PALMER



VICTORIA JUSTICE

hot trends
shopping secrets
styling tricks
AND MORE INSIDE!



TAYLOR SWIFT

jacket

Sizes XXS-XXL,
American Eagle
Outfitters, \$70,
ae.com.

tank

Sizes S-XL, Divine
Wear, \$48,
divine-wear.com.

skirt

Sizes S-L, Lulu's,
\$34, lulus.com.

necklace Lulu's,
\$12, lulus.com.

heels

Sizes 5-12, Nine
West, \$89,
ninenwest.com.

your *celeb style* guide!

Stars have teams of stylists to perfect their looks. But with these hot trend tips, you can make the look your own.



FIERCE POP

Make edgy pieces more fun—add bright colors, cool studs, and playful accessories!

ring
Girlprops,
\$10,
girlprops
.com



shirt
Sizes S–XL,
Allen B by
Allen
Schwartz,
\$31,
JCPenney



bag
Lulu's, \$43,
lulus.com



booties
Sizes
5½–11½,
Topshop,
\$310,
topshop
.com



blazer Sizes 0–14,
Victoria's Secret
Catalogue, \$98,
victoriasecret.com.
black tank
Sizes XS–XL, O'Neill,
\$48, oneill.com.
pants Sizes XS–XL,
Riley, \$64,
revolveclothing.com.
ring Lulu's, \$9,
lulus.com.
bracelet Urban
Original, \$9,
urbanog.com.
booties
Sizes 5½–10,
Urban Original, \$25,
urbanog.com.



bodysuit
Sizes 2–12,
Topshop, \$44,
topshop.com



glasses
Girlprops,
\$20,
girlprops
.com



shorts
Sizes 2–12,
Topshop,
\$70,
topshop.com

cuff
AMI Clubwear,
\$13,
amiclubwear
.com



MAIN PHOTO: BROOKE NIPAR; STYLING: EDITOR: BETSY MULLINX; HAIR: DAVID CRUZ FOR REDKEN/CUTLER NYC AT RAYBROWNPRO.COM; MAKEUP: KYRIAKI SAVRANI FOR DIOR AT FACTORY DOWNTOWN; MANICURE: ANA-MARIA FOR ONYX SALON & SPA/ARTISTBYTIMOTHYPRIANO.COM; ON MODEL: WHITE TANK, EXPRESS, STILL LIVES; RICHARD MAJCHRAK/STUDIO D. STILL LIVES STYLIST: CLAIRE TEDALD FOR HALLEY RESOURCES; RIANNA: HAN MYUNG-GU/WIREIMAGE; LADY GAGA: PACIFIC COAST NEWS; KESHA: SIMON JAMES/FILMMAGIC.

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Line

Base

Highlight

Brighten



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Eva is wearing Blackened Smokes. ©2010 L'Oréal USA, Inc.

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PARIS

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PRETTY CHIC

Mix neutrals, lace, and florals with tailored pieces for your own girly look.

shirt
Sizes S–XL,
Merona for
Target, \$28,
Target stores

button-down
Sizes XXS–XXL, American
Eagle Outfitters, \$40, ae.com.
skirt Sizes S–L, Lulu's, \$44,
lulus.com.
sunglasses Lulu's, \$9,
lulus.com.
bracelets Forever 21,
\$9 for set of five, select
Forever 21 stores.
bag Kensie Girl, \$94,
ebags.com.
heels Sizes 5–12, Nine West,
\$89, ninewest.com.

sunglasses
Marc Jacobs, \$275,
Solstice Sunglass
Boutiques

skirt
Sizes 2–10,
Jack BB
Dakota, \$45,
fredflare.com

shoes
Sizes 5–11,
Sam Edelman,
\$99, zappos
.com

bag
The Limited,
\$55,
thelimited.com

earrings
Monet, \$24,
Macy's

watch
Timex, \$65,
timex.com

romper
Sizes S–L,
Gracia, \$63,
shopgracia
.com.
belt
Urban
Original,
\$14,
urbanog
.com.

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SEPHORA

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SWEET GRUNGE

Pair ripped jeans, soft knits, and flowy tops for a carefree look with a twist.

ASHLEY TISDALE

MILEY CYRUS

JESSICA SZOHR



jeans
Sizes 0-13,
Levi's, \$48,
levi.com.
belt Target,
\$23, select
Target
stores.

bangles
A.V. Max, \$60 each,
avmaxaccessories
.com

sweater
Sizes S-XL,
Billabong, \$70,
billabong.com.
tee
Sizes S-XL,
Junk Food
Clothing, \$35,
junkfoodclothing
.com.

dress (worn as top)
Sizes S-L, Lulu's, \$43, lulus.com.
jeans Sizes 24-31, Quiksilver,
\$108, quiksilver.com.
earrings Lulu's, \$9, lulus.com.
bracelets Braided bracelets,
All the Rage, \$18 for set of three,
alltherageonline.com;
black studded bracelets,
Diana Montenegro, \$83 each,
dianamontenegro.com.
belt Linea Pelle Collection, \$110,
lpcollection.com.
boots Sizes 5-11, Skechers,
\$149, Skechers stores.



necklace
M. Haskell,
\$30, call
212-764-
3332 to
order



tunic
Sizes XS-L,
Lily White,
\$36, select
Nordstrom.
necklace
Target, \$40,
select Target
stores.

earrings
Ben-Amun by
Isaac Manevitz,
\$200,
ben-amun.com

Shop on your
iPhone or
iPod touch!



Shop these trends and
more on the Seventeen
Fashion Finder, our
iPhone app! Download
it for free on iTunes!



boots
Sizes 6-10,
Libby Edelman,
\$119,
shopmasons
.com

Hat
\$8

Blazer
\$18

Shirt
\$12

Skirt \$14

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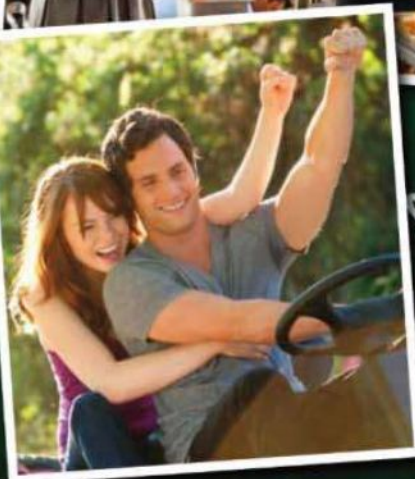
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easyA

in theaters
SEPTEMBER 17

After a little white lie about losing her virginity gets out, a clean cut high school girl (**Emma Stone**) sees her life paralleling Hester Prynne's in "The Scarlet Letter," which she is currently studying in school—until she decides to use the rumor mill to advance her social and financial standing. Also starring **Penn Badgley**, **Amanda Bynes**, **Cam Gigandet** and **Aly Michalka**.

Log on to **letsnotandsaywedid.com** to catch the trailer, play the "Rumor Round-Up" game and sign up for updates!



PROMOTION

REPUTATION & REALITY

In the new romantic comedy **Easy A**, Ojai High's Olive Penderghast tells a tiny fib that has a huge impact on her reputation. **What does your reputation say about you?** Want to know more? **Take the quiz** to find out how others perceive you and what it could mean for your future.



It's Friday afternoon, as you're leaving school, you...

- a** Start replying to the 20 texts about your plans for the weekend
- b** Mentally catalog what's left to watch on the DVR when your BFF comes over on Saturday
- c** Head to the library to get a jump start on your "History Of Fungus" paper

The last time you logged on to your profile page, you had an event reminder for...

- a** The bonfire after this week's home game
- b** The park clean-up for your BF's little brother's elementary school
- c** The AP Physics "Protons & Pizza" party

Cha-Ching! Grandma comes through with that check for your birthday. Do you...

- a** Head straight to the mall for those new super-skinnyes you've been dying for
- b** Spend half on a great new pair of ballet flats and put the rest in the college fund
- c** Donate it to your fave animal rights charity

A tampon falls out of your locker just as a hottie is walking by. Do you...

- a** Smile at him and shrug your shoulders flirtatiously...at least you caught his eye
- b** Bury your face in your locker to hide how much you are blushing
- c** Bend down quickly to grab it, praying you don't accidentally headbutt him

Your definition of a romantic dinner is...

- a** A quiet booth for two in a dark corner of a fab restaurant
- b** A cozy picnic for two in the shade of beautiful old trees
- c** If the dog doesn't drool on you when you're eating with the family

Someone gossiping about you...

- a** Is social currency
- b** Can really hurt
- c** Would be a dream fulfilled



MOSTLY **a**'s: *social butterfly*

You don't see wanting to have fun as a bad thing. People are probably jealous of your comfort in such a wide range of social situations. Use your power for good by joining the prom planning committee now and think about going into public relations as a career.

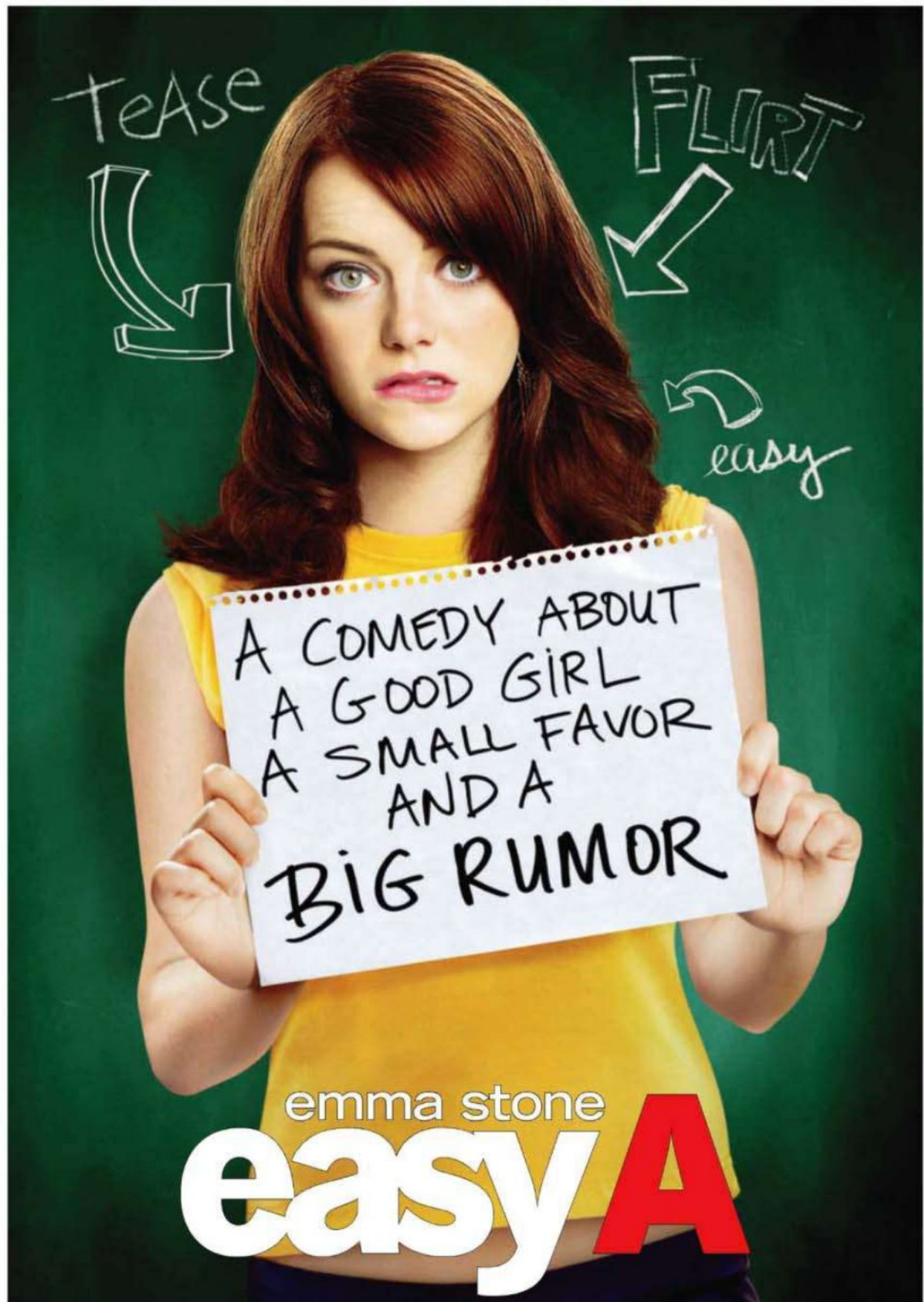
MOSTLY **b**'s: *goody-goody*

There's nothing wrong with being the good girl. People are probably jealous of your optimism and will power. Just remember to let your hair down once in a while. Belt out a few of your favorite karaoke tunes in the middle of the living room when no one's around!

MOSTLY **c**'s: *bookworm*

Smart is a very attractive trait. People are probably jealous of your grades and the success you'll enjoy in the future. Don't let all work and no play make you dull, though. Apply that intellectual curiosity to a range of subjects and experiences. The more well-rounded you are, the better.

LET'S NOT AND SAY WE DID.



SCREEN GEMS PRESENTS AN OLIVE BRIDGE ENTERTAINMENT PRODUCTION A WILL GLUCK FILM "EASY A" PENN BADGLEY AMANDA BYNES
THOMAS HADEN CHURCH PATRICIA CLARKSON CAM GIGANDET LISA KUDROW MALCOLM McDOWELL ALY MICHALKA STANLEY TUCCI
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SONY make.believe

SEPTEMBER 17

the best new jackets!



Make a little black dress work for school with an outdoorsy jacket and cute flats.

Update this simple shape by layering a belted sweater underneath.

A plaid jacket gives edgy sequins and cutoffs an unexpected bit of prep.

utility

jacket Sizes S–XL, Merona for Target, \$40, target.com.
dress Sizes S–L, Wet Seal, \$17, Wet Seal stores.
shoes Sizes 6–10, Libby Edelman, \$49, Belk.

blazer

jacket Sizes XS–XL, Tulle, \$100, tulle4us.com.
sweater Sizes XS–XXL, Old Navy, \$36, oldnavy.com.
dress Sizes 00–18, American Eagle Outfitters, \$45, ae.com. **socks** Hue, \$6, hue.com. **shoes** Sizes 6–10, Sperry Top-Sider, \$90, sperrytopsider.com.

plaid

jacket Sizes XS–XL, Aéropostale, \$80, select Aéropostale stores.
button-down Sizes XS–L, Express, \$70, express.com.
tank Sizes XS–L, Express, \$40, express.com. **shorts** Sizes 0–14, Levi's, \$60, levi.com. **belt** Lulu's, \$10, lulus.com.
boots Sizes 36–40, Spring Shoes, \$70, myspringshoes.com.

Add a coat of cuteness to your look!
Victoria Justice, star of Nickelodeon's *Victorious*,
 shows off the season's most fun trends.

PHOTOS: NICHOLAS RUTZEN. SITTINGS EDITOR: BETSY MULLINIX. HAIR: DAVID CRUZ FOR REDKEN/CUTLER NYC AT RAYBROWNPRO.COM. MAKEUP: GITA BASS FOR MAKE UP FOREVER AT EXCLUSIVE ARTISTS. MANICURE: ANA-MARIA FOR ONYX SALON & SPA/ARTISTSBYTIMOTHYPRIANO.COM.
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Play up the glam feel of an animal-print jacket with hot over-the-knee boots.



Turn your jean jacket into a fashion statement with sexy sweats and cool accessories!



A classic trench looks more fun with a bright print and Chucks.

faux fur

jacket Sizes S-XL, Jolt, \$58, Dillard's.
shirt Sizes XS-XL, Material Girl, \$24, Macy's.
jeans Sizes 25-32, Mavi, \$88, Lord & Taylor. **boots**
 Sizes 5½-11, Paris Hilton Footwear, \$99, zappos.com.

denim

jacket Sizes XS-L, Levi's, \$80, levi.com.
shirt Sizes XS-XL, DKNY Jeans, \$49, zappos.com.
pants Sizes S-L, Topshop, \$40, topshop.com.
booties Sizes 6-10, Candle's, \$75, Kohl's.

trench

jacket Sizes XS-XXL, Old Navy, \$50, Old Navy stores.
shirt Sizes XXS-XXL, Aerie, \$40, ae.com.
dress Sizes XS-XL, O'Neill, \$44, oneill.com.
sneakers Sizes 3-13, Converse, \$45, converse.com.



chic fall shoes

What's a hot outfit without equally awesome shoes?!?
These celeb favorites add the right finishing touch to your look.

motorcycle boots



Camilla Belle

short
Sizes 5-11,
Skechers,
\$89,
skechers
.com



perforated
Sizes 5-12,
Nine West,
\$149,
Nine West
stores



tall
Sizes 6-10,
Mia, \$99,
mishoes
.com



17 STYLE TIP
Rugged boots
help a soft
summery dress
work through fall.

oxford flats

patent
Sizes 5½-10,
Restricted
Footwear,
\$45,
piperlime.com



two-tone
Sizes 6-11,
G.H. Bass Co.,
\$69,
bassshoes
.com



suede
Sizes 5-12,
Nine West,
\$79, Nine
West stores



wing tip
Sizes 5½-10,
G by Guess,
\$59,
gbyguess.com



Taylor Swift



17 STYLE TIP
Show off cute
lace-ups with
fun crochet
tights and a
tiny mini.

SEE MELANIE FIONA'S STORY AT NEXT.ROCAWEAR.COM

MELANIE FIONA

next

ROCAWEAR

peep-toe booties



Lily Collins

platform
Sizes 6-10, Mia,
\$259, zappos.com



cuffed
Sizes 5½-10, BCBG
Max Azria, \$225,
BCBG stores



strappy
Sizes 5-11, Bakers,
\$80, bakersshoes.com



17 STYLE TIP
Show off your
pedicure in the
fall: Pair
peep-toes with
footless tights!

wedge heels

cross strap
Sizes 6-10, Mia,
\$79, miashoes.com



ruched
Sizes 5-11, Carlos
by Carlos Santana,
\$99, carlosshoes.com



lace-up
Sizes 5½-10,
Coconuts by
Matisse, \$89,
lfstores.com



cage
Sizes 5½-10,
Coconuts by
Matisse, \$65,
piperlime.com



Leighton Meester

17 STYLE TIP
The chunky
heels give you
height but
balance out
super-short
shorts.

COLLINS: MICHAEL UNDERWOOD/WIREIMAGE; MEESTER: PACIFICCOASTNEWS.COM



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For all the ways you play
moves *pulse*



fragrances for **him** and **her**

Create your own Moves Pulse fragrance video and enter for a chance to:
WIN \$15k FOR YOUR SCHOOL

For details visit: www.pulsefragrance.com

NO PURCHASE NECESSARY. Contest ends 12/12/10. Open only to legal residents of the 50 United States or D.C., who are high school students at least 13 years of age or older. Void where prohibited. See complete official rules at www.pulsefragrance.com for full details including entry requirements & prize descriptions.

love it or leave it?

Celebs made these fashion mistakes so *you* don't have to!



BOYISH BLAZER

Katie Cassidy

When a blazer is **cropped and fitted**, it highlights your waist and shows off your bust.

But when your blazer is **boxy and oversize**, it hides your shape and your fun style.



DENIM SHORTS

Emma Watson

Dark cuffed shorts look sleek and polished. They work for fall with a cute cardigan and tall boots.



Frayed cutoffs can be cool, but the pockets hanging out, paired with the **prim blouse**, looks messy.



MINISKIRT

Shenae Grimes

To nail this sexy look, your mini should hit **two inches above your knees**—try it with a tailored top!

Oops! A too-short mini under a too-long shirt makes you look like you **forgot bottoms**!



STATEMENT NECKLACE

Katerina Graham

Show off the drama of a strong piece of jewelry by keeping the rest of your look **simple**.



When your clothes are dramatic, a sparkly necklace feels like **overkill**!

OP

op.com
dianna agron
trevor donovan
jessica szohr
cory monteith
cassie

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Juniors Tanks, Shirts & Hoodies \$5 - \$12

Duffle Bag \$10, Jeans \$18

Young Mens Shirts & Hoodies \$12 - \$17, Tees \$5

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Enter the Campus Beauty Scholarship Sweepstakes!

This year, it's all about beauty and brainpower, thanks to **NYC New York Color** and *Seventeen*. Together, we are teaming up to provide one lucky winner with **\$5,000** toward a **College Scholarship**! Three runner-up winners will also score a *Seventeen* Swag Bag filled with NYC New York Color cosmetics!

Go to **seventeen.com/NYCScholarship** to enter for your chance to win!



In a New York Color Minute Quick Dry Nail Polish

Intense hues with high impact shine. Dries in a flash for manicures on the go! **\$1.99***

IndividualEyes Custom Compact

Line, define, and contour with one palette! Specially designed to intensify and enhance your eye color! **\$4.99***



Get **on-campus glam** without breaking the bank with these must-have makeup essentials



Blushable Crème Stick

Oil-free, cream to powder blush for a quick, natural-looking flush of color. **\$3.99***



Extreme Lip Glider Lip Gloss

Vibrant color & glassy shine...the ultimate "lacquered" look for lips! Conditioning formula leaves lips feeling soft. **\$3.99***



*Prices may vary.

NO PURCHASE NECESSARY TO ENTER OR WIN CAMPUS BEAUTY SCHOLARSHIP SWEEPSTAKES. Sponsored by Hearst Communications, Inc. and Coty US LLC. Go online to seventeen.com/NYCScholarship to enter. Sweepstakes begins at 12:01 a.m. ET on September 7, 2010 and ends at 11:59 p.m. ET on October 18, 2010. One (1) grand-prize winner will receive \$5,000 intended for a college scholarship. Three (3) runner-up winners will each receive a *Seventeen* swag bag filled with NYC New York Color cosmetics. Odds of winning will depend upon the total number of eligible entries received. Must be female, enrolled in a 2-year or 4-year college, 18-23 years old and a legal resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/NYCScholarship.

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uptown style
down-to-earth prices

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NYC celebrity makeup artist
Mathew Nigara shares his secrets
for irresistible looks.

Model is wearing In A New York Color Minute Nail Polish Park Avenue, IndividualEyes Custom Compact Bryant Park, Extreme Lip Glider Lip Gloss Plaza Punch, Blushable Creme Stick Big Apple Blush. *Prices may vary.

www.newyorkcolor.com

NYC

NEW YORK COLOR®

You're beautiful & smart...why pay more?

steals that stand out!

The stars know that one eye-catching piece can transform your look. (Now you can do it for less!)

platform heels

They instantly make your basics look chic.



\$19

heels
Sizes 5½-10,
Urban Original, \$19,
urbanog.com

dramatic necklace

It adds a funky little edge to any plain top.



\$14

necklace
Lulu's, \$14,
lulus.com

\$20 & UNDER

coin earrings

They're the perfect boho-glam mix and draw the eye to your face!



\$13

earrings
AMI Clubwear,
\$13,
amiclubwear.com

glasses
Fred Flare, \$11,
fredflare.com

\$11



cat's-eye glasses

They feel fun and playful, especially in a bright color.

quilted bag

This classic purse gives you a polished lady-like vibe.



\$20

bag
AMI Clubwear,
\$20,
amiclubwear.com

animal-print scarf

It turns a simple tee and jeans into a put-together look.



\$14

scarf
Lulu's, \$14,
lulus.com

bold beads

Use them to give any outfit a shot of color!



\$13

necklace
Old Navy, \$13,
Old Navy stores

KRISTEN STEWART

LUCY HALE

HILARY DUFF

KATY PERRY

KEKE PALMER

KIM KARDASHIAN

ANNALYNE MCCORD

STILL LIVES: RICHARD MAJCHRAZK/STUDIO D. STILL LIVES STYLIST: CLAIRE TEDAL/ FOR HALLEY RESOURCES. HALE: JASON MERRITT/GETTY IMAGES. DUFF: JAMIE MCCARTHY/GETTY IMAGES FOR SAMSUNG. PERRY: SPLASH NEWS. KARDASHIAN: NVP-ICE-BB-IVON/X17ONLINE.COM. PALMER: IVON/X17ONLINE.COM. STEWART: JAMIE MCCARTHY/WIREIMAGE.

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BE NICE IF YOUR
NEXT TRIP TO
THE CHECKOUT
BEGAN WITH **HEY,**
COOL TAMPONS.

Break the Cycle.*
New U by Kotex® tampons.
Widely considered to be way cooler than
Tampax Compak Pearl Tampons.

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shop like a star!

Shop on your
iPhone or
iPod touch!



Find tons of cute new looks for you on the **Seventeen Fashion Finder**, our iPhone app! Download it for free on iTunes!

Get a sneak peek at the best insider shopping spots—they'll help make *your* style stand out.

STORE



WHY IT'S GREAT:

This Malibu shop is a celeb favorite for **beachy** finds. Now you can shop it online!

ALL AVAILABLE AT:

shopplanetblue.com

CELEB FAN



Vanessa Hudgens

CUTEST FINDS



tank
Sizes
XS-L,
Blue Life,
\$79

shirt
Sizes
XS-L,
Blue Life,
\$79



bracelets
Precious
Hands,
\$14 each



WHY IT'S GREAT:

It's your go-to for **edgy** pieces. Plus, they just added tons of cool accessories!

ALL AVAILABLE AT:

shop.obeyclothing.com



Taylor Momsen

jacket
Sizes
XXS-L,
\$100



dress
Sizes
XXS-L,
\$48



skirt
Sizes
XXS-L,
\$56



20% off

Enter the code **17OBEY** at checkout to get 20% off full-priced items.



WHY IT'S GREAT:

This British site is known for **dramatic** style. It's finally available in the US!

ALL AVAILABLE AT:

asos.com



Lea Michele



top
Sizes 6-18,
\$54



gloves
\$30

booties
Sizes 5-10,
\$54



THIS POWER COMBO IS
CLINICALLY PROVEN TO
REMOVE OVER 99% OF
DIRT AND OIL THAT CAN
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Blemishes don't stand a chance against this dynamic duo.

See how clear your skin can be. **Bioré® Blemish Fighting Ice Cleanser** has an oil-free formula with purifying eucalyptus and salicylic acid. It penetrates pores for clear, refreshed skin. **Bioré® Pore Strips** are the deepest way to clean your pores. Pair them together for the complete Bioré® clean.

Bioré

Get your best clean.



Find us on Facebook for more cleansing tips and enter the 2 week challenge for your chance to win one of 1000+ prizes.

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. LEGAL RESIDENTS OF THE 50 UNITED STATES (D.C.) 18 YEARS AND OLDER, VOID WHERE PROHIBITED. Promotion ends 12/15/10. Limit: One (1) Instant Win Game prize per entrant. For Official Rules, prize descriptions and odds disclosure, visit www.facebook.com/bioreskin. Sponsor: Kao Brands Company, 2535 Spring Grove Avenue, Cincinnati, OH 45214.

stylist secrets revealed!

Steal some sneaky tricks from the people who make your favorite celebs look awesome.

reuse your jewelry



"Once I broke a ring, and a necklace snapped two seconds later. We put a piece of the necklace on the ring, and Katy snatched it from my hand, put it on, and hasn't taken it off since!"

—KATY PERRY's stylist, Johnny Wujek

necklace
American Eagle Outfitters, \$16, ae.com



rock some leopard

"We love animal print! It goes with everything."

—EMMA ROBERTS's stylists, Emily Current & Meritt Elliott

shoes
Sizes 5½-11, Vince Camuto, \$129, Dillard's



bracelets
AMI Clubwear, \$15 for set of 18, amiclubwear.com

pile on the accessories

"Necklaces, rings, and hoop earrings are a must for Demi. Don't be afraid to wear them all at once!"

—DEMI LOVATO's stylist, Michelle Tomaszewski



add printed tights

"Mixing patterns makes a bold statement that works with any style."

—SELENA GOMEZ's stylist, Basia Richard

tights
We Love Colors, \$15 each, welovecolors.com

layer a bandeau bra

"Bandeaus are perfect for layering under T-shirts that are completely open—so you don't look tacky with your bra hanging out!"

—AVRIL LAVIGNE's stylist, Jessica Paster



bandeaux
Sizes S-L, American Apparel, \$11 each, American Apparel stores

*When you remove
the outer wrapper,*



*there's something
surprising underneath.*



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look **cute** every day!

Have your chicest week ever! All you need are some styling tricks and outfit ideas from Whitney Port.



monday

BLACK + BRIGHT SHOES

Take a mostly black outfit **to the next level** with cute shoes in a bold color.



tuesday

SWEATSHIRT + SKIRT

Get a **casual-pretty** vibe with a cropped sweatshirt and a sweet floral skirt.



wednesday

PLAID + STRIPES

Mix black-and-white prints for a **funky** look that's still sleek.



thursday

LIGHT COAT + BOOTS

Get the **perfect fall style** by pairing soft, flowy layers with equally slouchy boots.



friday

BLAZER + JEANS

A tailored blazer is the easiest way to **dress up** boyfriend jeans and a tee.



saturday

MINIDRESS + TIGHTS

Make a super-short dress less revealing (**and more chic!**) with dark tights.



sunday

ARMY JACKET + SKINNIES

Skinnies and oxfords **add style and shape** to a rugged jacket and a cozy scarf.

PROMOTION



**Sunday,
September 19th**
**STARTING
AT NOON!**

Join us for amazing **deals**, awesome **freebies**,
fabulous **fashion shows** and a
FREE concert featuring **NE-YO**
and special guest, **HOT CHELLE RAE**
@ NYC's Manhattan Center Grand Ballroom



*performers subject to change

Didn't RSVP? Stop by these great stores on **34th Street** for the chance to win a pair
of **VIP concert tickets**. Plus, don't miss our **open Editorial casting call**
for the opportunity to be featured in *Seventeen*, and so much more!

JCPenney Every Day Matters

12:00 - 2:00 PM

Meet *Seventeen* Fashion Director
Gina Kelly to get a fall trend forecast
and expert styling tips

Take "Picture Perfect" photos with
a professional photographer

Enjoy a mini-makeover from
a Sephora makeup artist

AÉROPOSTALE

1:30 - 3:30 PM

Find your perfect jeans with *Seventeen*
Senior Market Editor Marissa Grumer

Meet and mingle with the *Seventeen*
Hot Guy Panel, the hottest guys in NYC

Enter to be one of 17 winners
to receive an Aéro shopping spree

★ **macy's**

3:00 - 5:00 PM

Get "Street Style" fashion advice from
Seventeen Editor-in-Chief Ann Shoket

Come dressed in your favorite Fall trend
for a chance to win a Macy's gift card

Take home a personalized graffiti-tagged
notebook with any Juniors purchase

Missed the special Shop-n-Style deals in the last issue?
Go to **seventeenshopnstyle.com** to find out how to get **exclusive discounts** for Back-To-School looks!

amazing homecoming dresses

Shine bright on your big night! Try one of these hot red carpet-inspired looks.

black-and-white

A graphic black-and-white dress feels classic but cool—red heels add a fierce pop of color.

shalyn, 18



NINA DOBREV

more options!



dress

Sizes 3/4–13/14, Josh & Jazz, \$130, joshandjazz.com



under \$100

dress

Sizes 3–13, Haley Logan, \$80, select Sears

dress Sizes 3–13, My Michelle, \$79, Dillard's.
earrings Monet, \$24, Bon-Ton. **bangles** AMI Clubwear, \$13 for set of four, amiclubwear.com.
shoes Sizes 5½–10½, Guess, \$110, Guess stores.

sequin

Sequins are glam and exciting—and instantly put you in a party mood.

kelsey, 20



AMANDA SEYFRIED

more options!



dress

Sizes 00–10, La Femme, \$250, lafemmeffashion.com



under \$100

dress

Sizes S–XL, Love Tease, \$69, Macy's

dress Sizes 2–16, Adrianna Papell, \$240, Dillard's. **ring** Mixit by JCPenney, \$12, JCPenney. **shoes** Sizes 5½–10, AMI Clubwear, \$29, amiclubwear.com.

STEP INTO PROMOTION CELEB-WORTHY STYLE

Celebs are obsessed with their shoes, constantly rocking the latest trends and the hottest styles! This fall season, unleash your inner star and step into some of my favorite picks from **Famous Footwear**.

XOXO, Allison



UPTOWN PRINCESS

From Park Avenue to the classroom, uptown girls always opt for flawless style. A chic patterned pointed toe pump is the perfect accessory!

Rampage Nicki
\$44.99



POP DIVA

Be a superstar and hit the stage in hot, studded platform peep-toes.

R2 Susana
\$59.99



ROCKER CHICK

Express yourself and go all out for class in a pair of edgy, over-the-knee military-inspired buckled boots.

Madden Girl Rokky
\$69.99



COUNTRY STAR

Saddle up in style with these heeled western boots, a modern take on a classic country look!

Rocket Dog Sheriff
\$59.99



DANCING QUEEN

School dance? Have the time of your life in these fab heels with zippered detailing.

G by GUESS Gabble
\$44.99



Famous Footwear

MAKE TODAY FAMOUS.®

From September 2 - October 9, 2010

TAKE AN EXTRA

15% OFF
your entire purchase



Valid 9/2/10-10/9/10. Coupon may be used only once either in Famous Footwear, Famous Footwear Outlet or Factory Brand Shoes stores, or online at famousfootwear.com. Not valid on Skechers Shape-ups, Reebok EasyTone or Reebok RunTone, for cash or cash equivalent, on purchase of gift cards or previously purchased merchandise. Other exclusions may apply, ask store associate for details. Offer may not be combined with any other coupons (other than Rewards certificates). Photocopies or reproductions of coupons will not be accepted. Items purchased with certificates, coupons or special promotions will result in adjusted refund or exchange amount. To redeem online, enter promotion code **17SAVES** in the promo code box at checkout.

Available at **FAMOUSFOOTWEAR.COM/SEVENTEEN** and select Famous Footwear stores.

Prices valid 9/2/10 - 10/9/10.

one shoulder



BLAKE LIVELY

magdalena, 19



more options!



under \$100

dress
Sizes S-L,
Lulu's, \$37,
lulus.com



dress
Sizes 0-32, Evenings
by Allure, \$249,
eveningsbyallure.com

A detailed asymmetrical dress is fun and requires almost no jewelry. Just add strappy shoes!

dress Sizes 0-14, Faviana, \$258,
unique-vintage.com. **earrings** Betsey
Johnson, \$25, select Macy's.
shoes Sizes 6-10, Forever 21, \$26, select
Forever 21 stores.

strapless

amanda, 18



A body-conscious strapless dress is simple but so sexy!



DEMI LOVATO

more options!



under \$100

dress
Sizes S-L,
Windsor, \$35,
Windsor stores



dress
Sizes S-XL, Atria
Clothing, \$129,
atriaclothing.com

dress Sizes 1-13, Trixxi, \$69, Macy's.
earrings Cutesygirl, \$8, cutesygirl.com. **shoes**
Sizes 5½-10, Urban Original, \$23, urbanog.com.

checkitout!

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Visit seventeen.com/checkitout for more.

adidas Moves Pulse for Her

Enter for a chance to win **\$15,000** for your school from **adidas Fragrance**.

Create a short video for the new adidas Moves Pulse fragrance and show the world your ultimate move. Tune in daily and keep voting until the winning video is announced on December 12th, 2010. **250** full-size bottles of **Moves Pulse** fragrance are also up for grabs, so don't just sit there! Move. Pulse. Visit pulsefragrance.com for details.

moves
pulse
—her—



U by Kotex* Tampons: Fierce and Fabulous!

Serious Attitude. Serious Protection*. The new line of products is colorful and innovative, with a wide selection of cool products to choose from. **U by Kotex*** Brand thinks feminine care should be fierce and fabulous—just like you!

UbyKotex.com



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The Art Institutes Passion for Fashion Competition

Calling all fashionistas. **The Art Institutes Passion for Fashion Competition** awards full and partial-tuition **scholarships** in the categories of Fashion Design and Fashion Marketing & Merchandising and Retail Management.

So make a bold statement. It could earn you a **fashion scholarship**, an opportunity to travel to **NYC** to attend **Fashion Week**, a **\$500 shopping spree**, a **tour** of the **Seventeen Magazine** offices, and **lunch** with a **Seventeen Style Pro**!

Entries must be postmarked by November 19, 2010.
Learn more at artinstitutes.edu/passionforfashion.



The Art Institutes™
PASSION FOR FASHION
COMPETITION

"Be Outspoken" Sweepstakes!

Want to be *Seventeen's* "Outspoken" Actionista of the month? Go to seventeen.com/outspoken to enter the "Be Outspoken" sweepstakes! One lucky grand-prize winner will score her very own **Fergie viewing party**, including:

- An **"Outspoken" party** with 10 of her closest friends
- Custom **party invites**, designed by *Seventeen*
- A **Black Eyed Peas concert tour DVD set** to watch throughout the night
- An **iPod** filled with Fergie's latest hits, including a **docking station**
- Delicious **sips and sweets**
- An **"Outspoken" fragrance set**, exclusively from **Avon** for our Actionista
- *Seventeen* **swag bags** for all of her friends
- An amazing opportunity to "be heard" on the *Seventeen Style Pro* Facebook page as the **"Outspoken" Actionista of the month**

Plus, the first 200 girls who enter will receive a **FREE sample of Fergie's "Outspoken" fragrance**, brought to you by **Avon**!

Outspoken
BY FERGIE
AVON



NO PURCHASE NECESSARY TO ENTER OR WIN the Fergie "Be Outspoken" Sweepstakes sponsored by Hearst Communications, Inc. Go to seventeen.com/outspoken and complete and submit the entry form beginning at 12:01 a.m. ET on September 7, 2010, and ending at 11:59 p.m. ET on October 18, 2010. Odds of winning will depend upon the total number of eligible entries received. Open to females who are residents of the 50 United States and the District of Columbia, ages 13-24. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/outspoken.

Liv Crayola: Customize Your School Supplies

Organize in style with new **Liv Crayola**. Mix and match premade designs or create your own designs online to print out. School accessories are now fun, unique, and all you. See the entire school supply collection at livcrayola.com and exclusively in the stationery aisle at Target.



"Start to Finish" Sweepstakes Winner!

Seventeen, **CLEAN & CLEAR**®, and **DONATEMYDRESS.ORG** congratulate **Cortnee** from CT for winning the "Start to Finish" Sweepstakes. Cortnee won her very own party with 50 friends, a DJ, make-up artists, and a photographer. Those who donated a prom dress received their very own deluxe *Seventeen* swag bag!

cleanandclear.com



Jellypop Shoes

Jellypop Shoes is an inspired collection of spunky free-spirited styles—comfortable, affordable, and perfect for the Jellypop girl's Back-To-School styling! Try the "Habit" flat, it is irresistibly charming with the playful plaid trimming and eyelet detailing.

To see more of your favorite Jellypop Shoes—visit jellypop-shoes.com!



seventeen style pro



clothes that make every **body** look hot

Who needs a personal trainer? These red-carpet tricks will whip your body into shape!

slim curves

jacket
Sizes XS-XL,
Victoria's Secret
Catalogue, \$70,
victoriasecret
.com

dress
Sizes XS-XL,
Charlotte Russe,
\$26, Charlotte
Russe stores

CROPPED JACKET + FLOUNCY DRESS

The full dress floats over your hips and thighs while a fitted jacket nips you in at the waist.



Hayley Hasselhoff

dress

Sizes S-L, AMI
Clubwear, \$26,
amclubwear.com

look longer

COLORBLOCK DRESS

An all-in-one dress raises your waistline to create the illusion of super-long legs.



Katie Cassidy

create an hourglass



Ashley Greene



dress

Sizes 2-16,
H&M, \$35,
H&M stores

TIE-FRONT DRESS

The V-neck shows off your bust and a tie belt cinches your middle for a perfectly proportionate look!

streamline hips



Michelle Trachtenberg

shirt

Sizes S-L,
Lulu's, \$35,
lulus.com

skirt

Sizes 0-12,
BCBGeneration,
\$88, Lord &
Taylor

STRONG SHOULDERS + TULIP SKIRT

Extra volume on top balances full hips—and a skirt like this lets you highlight your legs without pulling across your thighs.



Urban Original

Dress
\$28.00
↙

Boots
\$29.00
↙

urbanog.com
25% off coupon code:
OCTISS
limited time only



facebook.com/UrbanOriginal



twitter.com/UrbanOGcom

checkitout!

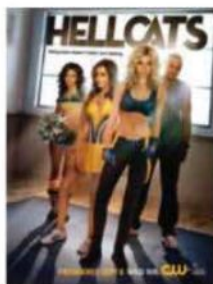
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Visit seventeen.com/checkitout for more.

Hellcats: Being Here Doesn't Mean You Belong

Marti (**Aly Michalka**) had a plan to get through college and leave her old life behind. When her financial aid is cancelled, she finds herself competing for a spot on the legendary cheerleading team (and the scholarship that goes with it)... too bad she's already been butting heads with team captain Savannah (**Ashley Tisdale**). Don't miss the premiere of the CW's *Hellcats* on **Wednesday, September 8th at 9pm!**

Check out cw.com/hellcats for more info!



HELLCATS

Win Weekly Prizes from Dove Deodorant!

Visit DoveDeodorantCorrespondent.com every week to read what's new from the Dove Deodorant Correspondents and to enter for the chance to win gift cards to some of your favorite stores! Plus, each week 25 runners-up will receive a free sample from **Dove Deodorant** & matching **Body Mist**. Log on for your chance to win now!



No purchase or payment necessary to enter or win. "Dove Deodorant Correspondent" Sweepstakes sponsored by Hearst Communications, Inc. To enter, go to www.dove.deodorantcorrespondent.com beginning July 6, 2010, at 12:00am (ET) and ending October 31, 2010 at 11:59pm (ET). Weekly sweepstakes start on Mondays at 12:00am (ET) and end Sundays at 11:59pm (ET). One weekly winner will win a prize valued up to \$210. Additionally, 25 weekly runner-ups will win prizes valued up to \$1. Must be 18 years old and a resident of the 50 U.S. or District of Columbia. Void in Puerto Rico and where prohibited by law. For complete official rules go to www.dove.deodorantcorrespondent.com.

Homecoming Style: Trend of the Season

Be the life of the party in one of the season's hottest trends: babydoll dresses! This **Extraordinary (\$119)** sequin bodice dress with satin sash and rosette detail features a flouncy wire hem and layers of tulle for a fun and flirty look, making it one of my Style Pro "Homecoming Picks."

Find it at Dillard's Stores or call **800.345.5273**. Get more insider trend advice and check out the rest of my **Style Pro "Homecoming Picks"** at Dillards.com/homecoming

Dillard's
The Style of Your Life.

seventeen style pro



XOXO,
Ashley



Famous Footwear Celeb-Worthy Style!

Celebs are obsessed with their shoes, constantly rocking the latest trends and the hottest styles! This fall season, unleash your inner star and step into a pair of fabulous, celeb-worthy shoes—only from **Famous Footwear**.

For more information, check out famousfootwear.com/seventeen

Famous Footwear
MAKE TODAY FAMOUS.™

seventeen style pro



XOXO,
Allison



dermalogica: it's time for a clean start™!

When skin gets complicated, it's time for a **Clean Start™**! Not just for acne, Clean Start™ brings skin into balance, correcting things like oiliness, dryness, and bacteria so shine and breakouts are history. Get your Clean Start™ kit at cleanstart.dermalogica.com/17 to be just two weeks away from amazing skin!



dermalogica
clean start

Kmart: Dream Out Loud

Check out the new **Dream Out Loud** by **Selena Gomez** only at **Kmart**! You'll love these fun and free-spirited fashions! The new line includes apparel, accessories, and handbags. You can get Selena's effortless, boho chic style with her Dream Out Loud line in stores and online now!

kmart.com

DREAM OUT LOUD
by **SELENA GOMEZ**



S by Shakira

Experience the alluring new fragrance, **S by Shakira**. A sheer oriental fragrance that blends the elegance of bright jasmine, the sensuality of fresh sandalwood, and hints of warm vanilla. S by Shakira is the perfect embodiment of Shakira: irresistible, magnetic, and full of energy.

shakira-beauty.com



Epiduo's Be Clearly Inspired Contest Winner

Congratulations to **Taylor**, age 14, on receiving \$1,500 towards accomplishing her dreams! Please see [page 91](#) for full details and important safety information about Epiduo® Gel. Ask your doctor if **Epiduo® Gel** is right for you and go to epiduo.com for information.

Epiduo
(adapalene and benzoyl peroxide) Gel 0.1% / 2.5%





Turns your idea of what a pad can do upside down too. With its amazingly absorbent, unbelievably flexible core, Always Infinity® adapts more and absorbs more than Kotex® Ultra Thin Regular.* Which is definitely something worth flipping for. *Just like magic. Have a happy period.*



*Always Infinity adapts more and absorbs more than Kotex Ultra Thin Regular. Claim based on a 2010 test conducted by P&G Research & Development. ©2010 P&G



Get there fast with New OXY® Clinical.

That's because it's shown to kill acne bacteria as effectively as a leading prescription. In fact, OXY® Clinical gets rid of **99%** of acne bacteria **in just 8 hours!*** Plus, the gradual-release formula means it's as gentle as it is effective—so it won't overdry your skin. And that's a beautiful thing.

Discover the OXY® Clinical difference with a **free sample and coupon** at oxyskincare.com. Promo Code: **7TEEN**



OXY
CLINICAL

The breakthrough to end breakouts.

*Refers to OXY® Clinical Clearing Treatment

beauty

**TWEET
YOUR TIPS!**

Follow
@seventeenmag
on Twitter and tweet your
beauty confidence tricks!
Tag it #17LoveUrLook.

taylor, 16

FIND YOUR BEAUTY CONFIDENCE!

Stop torturing your hair, obsessing about your skin, or agonizing over your makeup. With these tricks, you're going to love your look every day!

TURN FOR

- ✓ **HAIR** that makes you smile!
- ✓ **MAKEUP** that plays up your best features!
- ✓ **SKIN** so clear, you'll want to show it off!
- ✓ **CELEB** confidence tricks that work!

50 WAYS TO

BEAUTY
CONFIDENCE!

I love your hair!

On a good hair day, you feel like you can take on the world. Here's your complete guide to styling empowerment. BY heather muir

ROCK YOUR Locks

Celebrate your hair's best feature! Steal these reader tricks.



I ♥ MY
color!



"I used to think my red hair stood out too much, but now I love how it grabs attention! I use this weekly deep conditioner to make it extra glossy so the color glows!"

-CHELSEA, 21, KY

try: Aussie Moist 3 Minute Deep Conditioner, \$3, drugstores



I ♥ MY
bangs!



"When they're smooth and sleek, it makes my whole style more chic! I always use a heat protectant before flat-ironing my bangs so they don't get split end-y."

-ALEXA, 16, NJ

try: TIGI Catwalk Sleek Mystique Blow Out Balm, \$20, tighaircare.com



I ♥ MY
length!



"Long hair makes me feel girly, so I take extra care to make sure it grows. This leave-in conditioner has vitamin E to soften and keratin to strengthen."

-ANIKI, 18, FL

try: Motions Nourish Leave-In Conditioner, \$4, drugstores



I ♥ MY
cut!



"My short edgy style keeps me looking totally unique! To bring out the piecey-ness, I use a dab of paste to mold it into a funky, textured do."

-FRANCESCA, 17, NY

try: Redken Matte Sponge 05 Rugged Texturizer, \$17, salons



I ♥ MY
pony!



"On days when my hair seems blah, a curly side pony looks instantly fun! I curl my hair with an iron first, then brush out the curls to create soft swirls."

-SARAH, 21, NJ

try: Goody Stylista Oval Cushion, \$6, Walmart stores

MAKE IT SMELL Pretty

You've got the look—now cause a scentsation!



For second-day hair that looks limp, this yummy powder gives roots a boost.

try: Cake Beauty Satin Sugar Hair & Body Refreshing Powder, \$16, sephora.com



Spritz this flowery spray on damp hair before blow-drying for a full, luscious style.

try: Bain de Terre Day Lily Volumizing Root Lifter, \$14, baindeterre.com



The juicy pomegranate in this conditioner will keep your color bright.

try: Klorane Conditioning Cream with Pomegranate, \$14, beauty.com



This shampoo's subtle fruity fragrance leaves you feeling cheery.

try: Organix Rejuvenating Cherry Blossom Ginseng Shampoo, \$7, drugstores

REAL-GIRL PHOTOS: KATE POWERS. FASHION STYLIST: ANNEBET DUVAL. HAIR: DAVID CRUZ FOR REDKEN/CUTLER NYC AT RAYBROWNPRO.COM. MAKEUP: JENNA ANTON FOR NARS COSMETICS AT SEE MANAGEMENT. ON CHELSEA: TOP: AMANDA UPRICHARD; HAT: VINTAGE. ON ALEXA: SHIRT: SHIVANA. ON FRANCESCA: SHIRT: LAMADE; EARRINGS: HER OWN. ON SARAH: DRESS: TULLE; STILL LIVES: (HAIR PRODUCTS) J MUCKLE/STUDIO D.



Say it like you mean it.



Outspoken

by Fergie

EXCLUSIVELY FOR AVON 800-FOR-AVON / AVON.COM

MAKE PEACE WITH YOUR *Texture*

For every hair type, there's an ingredient that makes it even more amazing.

straight



connie, 18



wheat extract

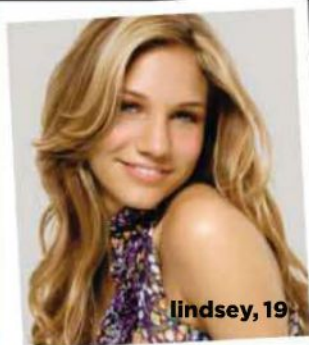
Straight hair can fall flat, but this plumps up each individual strand to make your style look fuller.

Apply to just-washed hair, then blow-dry two-inch sections for major thickness.



try: LaCoupe Volume Hair Plumper Thickening Cream, \$8, ULTA stores

wavy



lindsey, 19



sea salt

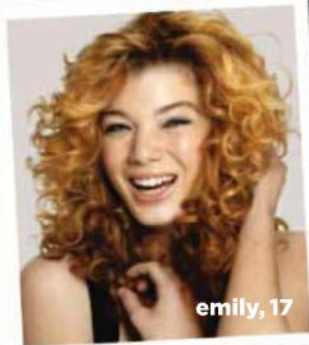
It gives amazing hold and helps rough up your natural texture to give it a sexy, beachy look!

Mist onto damp hair, then scrunch and air-dry!

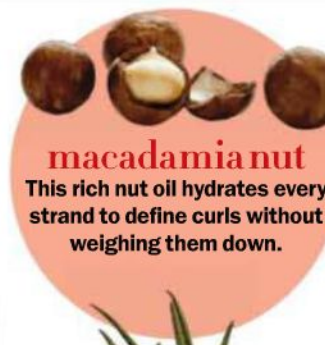


try: Bumble and Bumble Surf Spray, \$23, bumbleandbumble.com

curly



emily, 17



macadamia nut

This rich nut oil hydrates every strand to define curls without weighing them down.

For bouncy curls, finger-comb into wet hair concentrating on your ends.



try: Sally Hershberger Hyper Hydration Soft Touch Shaping Cream, \$13, ULTA stores

super-curly



vanessa, 18



aloe

This natural gel does double-duty by giving you hold plus moisture to smooth rebellious frizz.

Get perfect ringlets by running a dime-size drop through wet hair before diffusing.



try: Paul Mitchell Smoothing Gloss Drops, \$18, salons

relaxed



danielle, 18



sunflower seed oil

When used in a finishing product, it makes your hair soft and glossy, and it prevents breakage!



For hold with softness, spray onto your brush, then run it through your hair.

try: Dr. Miracle's Styling Meds Healing Oil Sheen Spray, \$9, drugstores



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WANTEDSHOES.COM

AVAILABLE IN FINE STORES NATIONWIDE

Styles THAT MAKE YOU SMILE

Beat the hair blahs with one of these fun styles!



soft half-up

Show off your pretty face! Sweep the front section of your hair back, but let a few layers fall forward for flirty softness. Spritz all over with shine spray.

try: Redken Real Control Mineral Elixir Dazzling Smoothing Oil, \$17, salons



swirly pony

A bouncy pony is the perfect complement to a killer outfit. Apply a liquid volumizer on damp hair and blow-dry, then use a large-barrel curling iron to create big waves all over. Gather hair into a high pony and secure with an elastic.

try: Kevin Murphy Anti Gravity Oil Free Volumiser, \$22, salons



mini pouf

A little volume on top makes your cheekbones pop! Protect your locks with leave-in conditioner, then curl two-inch sections with a large iron. Tease the front, then brush back and secure it with bobby pins.

try: John Frieda Frizz-Ease Daily Nourishment Leave-In Conditioning Spray, \$7, drugstores



pretty twists

This low-key sexy style shows off your fun side! Apply a waxy gel to give hair grip, then take a two-inch piece from each side of your head and twist back. Secure with bobby pins at your crown.

try: Matrix Design Pulse Switch Flicks Wax-Gel, \$16, matrix.com for salons



side fishtail

A windswept braid looks soft and sweet. Rub pomade between your hands to give your hair texture as you weave it into a loose fishtail braid. Secure with an elastic.

try: Healthy Sexy Hair Soy Paste Texture Pomade, \$16, salons



Dress up YOUR HAIR

Nothing says "I love my hair!" like an eye-catching accessory!



try: Emily Elizabeth Bowlicious Hair Elastic, \$35, emilyelizabethjewelry.com

try: Topshop Leopard Print Urban Turban Headband, \$12, topshop.com

try: Jennifer Ouellette Zipper Headband 2" Wide Grosgrain and Zipper headband, \$50, jenniferouellette.com

try: Goody La Cabana Riviera Headwrap, \$6, Target stores

try: Lulu's Bow La Beautiful Clip, \$12, lulus.com

try: Lulu's Georgette Headband, \$9, lulus.com

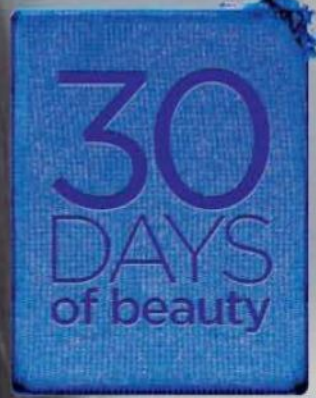
17 tip Add a glam rhinestone band to messy waves for a chic everyday look.



meagan, 20

SEVENTEEN.COM Never get bored again! Find hundreds of styles at seventeen.com/hairideas.

REAL-GIRL PHOTO: KATE POWERS. FASHION STYLIST: ANNEBET DUVAL. HAIR: DAVID CRUZ FOR REDKEN/CUTLER NYC AT RAYBROWNPRO.COM. MAKEUP: JENNA ANTON FOR NARS COSMETICS AT SEE MANAGEMENT. ON MODEL: DRESS: CATHERINE MALANDRINO; HEADBAND: JENNIFER BEHR; EARRINGS: EMILY ELIZABETH; PALMER: MAURY PHILLIPS/WIREIMAGE; CONRAD: JOHN SHEARER/GETTY IMAGES FOR MTV.COM; AGRON: FILMMAGIC INC./FILMMAGIC; SZOHR: MICHAEL LOCCISANO/GETTY IMAGES; WOODLEY: KEVIN MAZUR/WIREIMAGE.



[EYES, LIPS, NAILS]

Zoey on Beauty

1. "Rimmel exemplifies what I love about the London look—fun, pretty and hip."

2 "The secret to looking fresh is that I don't wear a lot of makeup. I only use what I need."

3. "BEAUTY IS ALL ABOUT CONFIDENCE. EXPERIMENT AND SEE WHAT LOOKS BEST ON YOU."

4. "The best style advice I've ever received is, 'Be yourself.'"

5. "MY MAKEUP STYLE IS 'CLEAN AND PRETTY.'"

6. "My favorite Rimmel product is the mascara!"

AS THE NEW FACE of "the London Look," global style icon **Zoey Deschanel** perfectly embodies **Rimmel London's** cosmopolitan nature and witty, streetwise edge. Read on for her unique take on beauty and discover tips, tools and tales behind ultimate lashes.

VISIT 30DAYSOFBEAUTY.COM FOR MORE TIPS, OUR FABULOUS DAILY SWEEPSTAKES AND MORE!

DID YOU KNOW?

7 Eugene Rimmel produced the very first commercial mascara in the late 1800s (right).



8. Prior to Rimmel's first commercial mascara, women turned to powdered charcoal and soot from oil lamps.

9. Women were exposed to products made with mercury, lead and arsenic before Eugene Rimmel's groundbreaking mascara came along.

10. BY THE 1850S, RIMMEL COULD BE FOUND IN EUROPE, AFRICA AND THE AMERICAS—MAKING IT ONE OF THE EARLIEST GLOBAL BEAUTY BRANDS.



ULTIMATE LASH TIPS

11. Wiggle the wand left to right at the lash base. It's the mascara at the roots that makes lashes look longer.

12. Bottom lash tip—when applying mascara, look up and keep brush horizontal to prevent poking yourself in the eye.

13. Try an eyelash curler to help eyes look wider.

14. AVOID PUMPING THE WAND IN AND OUT. IT INTRODUCES AIR INTO THE TUBE, WHICH CAN DRY OUT MASCARA.

15. Going for 2 layers? Let your mascara dry a bit before applying the second coat.

16. Once mascara's applied, keep your lid half-closed to prevent specks on upper lid.

17. MASCARA DOESN'T LAST FOREVER. THROW IT OUT IF THE SMELL OR TEXTURE CHANGES.

18. When applying mascara, pull the wand up and through lashes, wiggling as you go—it separates lashes.

19 If you keep one makeup "tool" in your bag, make it mascara—it instantly awakens the look of your eyes!

20. Up the sexy quotient by applying one more coat only to the outer lashes.

21. KEEP LASHES FREE OF EYE CREAMS—THEY KEEP MASCARA FROM ADHERING PROPERLY.

22. Mascara can often build up at the end of the wand—simply remove it with a tissue.

23. FOR AN ADDED TOUCH OF SHIMMER, USE AN EYE SHADOW BRUSH TO DUST FINISHED LASHES WITH POWDER.

24. Use a cotton swab to remove any stray mascara around the eyes.

SECRETS BEHIND BEAUTIFUL LASHES

25. Strong lashes are beautiful lashes. Rimmel London's NEW **Lash Accelerator Mascara** with Grow-Lash Complex helps keep them that way.

26 Procapil®—an ingredient in **Lash Accelerator Mascara**—strengthens the lash's roots, improving micro-circulation, allowing lashes to grow longer and stronger while preventing lash loss.

27. Lash Accelerator's advanced, ultra-lengthening formula includes vitamins to reinforce lashes and keratin to help renew and restore lashes.

28. The bamboo extract found in **Lash Accelerator Mascara** helps to naturally moisturize your lashes.

29. Thanks to the Grow-Lash Complex, 88% of women said lashes looked fuller, lusher and more numerous after 1 week of using Rimmel London's **Lash Accelerator Mascara**.

30. With continued use of **Lash Accelerator**, lashes can look up to 117% longer in 30 days.



NEW

LASH ACCELERATOR

MASCARA WITH GROW-LASH COMPLEX

LASHES LOOK UP TO **117% LONGER** IN 30 DAYS

LASHES LOOK UP TO **80% LONGER** INSTANTLY

BEAUTIFULLY LONG, REMARKABLY STRONG LASHES

CLINICALLY TESTED

95%

SAW A
LENGTHENING
EFFECT ON
BARE LASHES IN
2 WEEKS*



BAMBOO
EXTRACT



BIOTIN

PROCAPIL®

GET THE LONDON LOOK

*based on a product test among consumers

†UK's #1 cosmetic brand based on sales data ending 10th July 2010



RIMMEL

LONDON

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COOL PRICES

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NAIL THE SALON LOOK

RIGHT
SAID RED

1 Save time. Try the #1 Selling Nail Polish in America.* Sally Hansen's **Complete Salon Manicure** has all 5 steps of a Salon Manicure in 1 bottle.

COMMANDER
IN CHIC

2. Silky gray neutrals are hot this fall—wear them on your nails with Sally Hansen **Complete Salon Manicure** in Commander in Chic.

Sally Hansen
nail art pen
WHITE

3. Did you know?

Red nails are a timeless classic and always fashionable. Try **Complete Salon Manicure** in Right Said Red.

4. Have thin, brittle nails? Moisturize daily and apply Sally Hansen's **Miracle Cure Nail Strengthener** with micro-minerals.

5. Got polish on your cuticles? Dip an orange stick in remover and wipe away excess.

6. For a flawless-looking manicure, let your nails dry fully between coats.

7. Get the longest-lasting mani/pedi possible by wiping nails with polish remover before you paint.

8. Did you know?

When you're in a rush, apply a drop of cuticle oil over your manicure to help it dry quicker.

9. File nails like a pro. Avoid snagged edges by filing from the center of the nails outward.

10. Open-toe boots were all over fall runways—pedicure season doesn't end with Labor Day anymore. Try **Complete Salon Manicure's** Raisin the Bar—the ideal transition shade for toes.

11

Sally Hansen **Nail Art Pen** in White is perfect for French Manicures with any of the pastel sheers like Shell We Dance from **Complete Salon Manicure**.

SHELL
WE DANCE

12. Rough, dry cuticles can ruin the look of any manicure. Keep cuticles smooth by using Sally Hansen **Instant Cuticle Remover**. Works in 15 seconds.

13 Keep nails short when rocking dark shades like **Complete Salon Manicure's** Pat on the Black.

14. The must-have metallic trend comes to nails, thanks to **Complete Salon Manicure** in shimmering Pedal to the Metal.

PEDAL TO
THE METALRAISIN
THE BAR

15 Keep your manicure looking fresh and shiny for 10 days with Sally Hansen **NailShine Miracle 10 Day Top Coat**.



*Based on IRI dollar sales sold in food, drug and mass retailers (excluding Walmart) 2010 as of 7/18/10.

Salon Manicure Made Simple.

Finally, all 5 steps of a salon manicure in 1 bottle.

NEW



- ✓ Base Coat
- ✓ Strengthener
- ✓ Growth Treatment
- ✓ Color
- ✓ Top Coat

9 out of **10**
Salon professionals
preferred our formula
to the leading
salon brand.

With patented
Vita-Care Technology
for advanced wear, more
shine, and nourishing care.

42 Salon-Inspired Shades

Go to:
completesalonmanicure.com
and "try them all" with our
exclusive Shade Selector.

Sally Hansen
Beauty that Works

THE PERFECT POUT



16

Sally Hansen
Lip Blush

Plumping Balm visibly pumps up your pout with customized color—it goes on clear, then transforms to your perfect shade of pink.

17. Red lips are jumping off magazine pages this fall. Try the trend in a sheer gloss if you're color-shy. Try Sally Hansen **Lip Inflation® Ex-Treme** in Sheer Cherry.

18. DID YOU KNOW?

Licking your lips makes them rough and prone to chapping.

19. If lips are wet, gloss won't stick. Blot lips before applying.

20. Turn any lipstick into an instant lip plumper by applying Sally Hansen **Lip Inflation®**, in Clear, on top.

21. Faithfully use sunscreen on the skin around lips to prevent future wrinkles.

22. DID YOU KNOW?

Studies show that full lips make us look younger—lip plumpers are like time machines in a bottle!

23. Small mouth? Avoid dark hues—they'll make it look smaller.

24

Sally Hansen **Lip Inflation® Ex-Treme** is guaranteed to pump up lips for hours.



25. Rub lips with a washcloth every morning for a gentle exfoliation treatment.

26. Keep it simple. If you're sporting a bold eye look, wear a flattering nude lip gloss. One to try: **Lip Inflation® Ex-Treme** in Sheer Bare.

27. Pick lipsticks and balms with hydrating ingredients like shea butter for maximum softness.

28. DID YOU KNOW?

Glossy finishes—more than matte ones—reflect light and make lips look fuller.

29. Lips discolored? Rub a lemon slice over dark spots.

SHEER
BARE

30

No need to dream of full lips. The collagen-enhancing peptide complex in Sally Hansen **PM Lip Plumper** supersedes your lips while you sleep.



SHEER
CHERRY

LINE-SMOOTHING

MOISTURIZING

PLUMPING

Your Lips Deserve Expert Care.

Now, a full range of caring color and treatments that address your lips' unique needs. Created by our team of scientists and dermatologists, powered by 200 patents and counting. Beautifully visible results, guaranteed.



Line Fix Lip Repair Line-Smoothing Care

with Marine Collagen to deliver super hydration while filling in fine lines.

Lip Inflation Extreme Plumping Care & Color

with Hydro-Collagen to instantly help boost fullness and shine to the X-treme.

Overnight Lip Recovery Moisturizing Care

with Multi-Vitamins and natural Yucca to help renew the appearance of dry, peeling lips while you sleep.

Find these products and more in the Sally Hansen section of your favorite store.

Sally Hansen

Beauty That Works

www.sallyhansen.com

The Power of Continuous Treatment

Takes nails to an infinitely healthier and more beautiful-looking place.



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NEW CONTINUOUS TREATMENT

PATENTED TIME-RELEASE TECHNOLOGY

Encapsulated micro-tubes continuously release a nourishing vitamin complex, bathing nails in waves of treatment – up to 10 days.



4 TARGETED FORMULAS

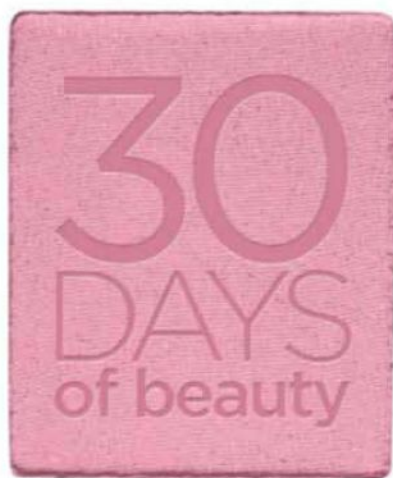
Marine Minerals make the difference: Growth Formula hydrates with Blue Algae, Strength Formula nourishes with Pearl Protein, Hardening Formula fortifies with Coral Calcium, Base & Top Coat Formula revitalizes with Marine Kelp.



Sally Hansen
Beauty that Works

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Halle by Halle Berry
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enchantment at
secret.com/double

BEAUTY
CONFIDENCE!

beauty

celeb confidence tricks

When celebrities need to bring their A game to the red carpet, they rely on these products! BY heather muir



try: Benefit Dandelion, \$28, benefitcosmetics.com

FRESH CHEEKS

“Every time I use my Dandelion blush, I know I’m going to **look flawless!** It gives me the perfect flush.”

—LUCY HALE



SUPER-SOFT SKIN

“I cannot leave the house without applying Johnson’s Baby Lotion **all over my body.** I’m kind of obsessed with how soft and dewy it leaves my skin!”

—Kim Kardashian

try: Johnson’s Baby Lotion, \$3, drugstores



BRONZY GLOW

“My favorite beauty product is my CoverGirl Bronzer. I can use it every day with or without makeup and **it makes my skin seem like it’s glowing.** Looks amazing in photos!”

—Amber Riley

try: CoverGirl Queen Collection Natural Hue Minerals Bronzer in Ebony Bronze, \$8, drugstores



try: Mark Cosmetics Glow Baby Glow Hook Up Lip Gloss in m.powerment shades Gold and Peach, \$6, meetmark.com

PRETTY LIPS

“I feel confident when I use **products that give back.** My favorite lip gloss is Mark’s m.powerment lip gloss—100 percent of the proceeds go to preventing dating abuse.”

—ASHLEY GREENE

pssst: photographer tip!

When his celebrity subjects need a confidence boost, fashion photographer **Nigel Barker** knows just what to say! Read all his tricks in his new book, *Nigel Barker’s Beauty Equation* (\$20, available at bookstores).

“You should think of confidence as a muscle you need to develop so it will be strong, agile, and ready to use when you need it.”

SEVENTEEN.COM

Vow to make beauty peace! Sign the treaty at seventeen.com/beautypeace.

Get used to hearing “You Smell Amazing!”



Smell as **sweet** as two handfuls of fresh-picked berries.



Feel twice as **romantic** to get twice the kisses.



Double your “Ooh-la-la” Loveliness.

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have fun with your makeup!

Some days you feel low-key, some days you feel glam! Here's a week's worth of looks to match any mood.

by heather muir



NATURAL

pretty glow

HOW-TO: Get sun-kissed the healthy way! Pick a peachy, bronzy blush with a hint of shimmer, and use a fluffy brush to swipe it along your cheekbones, forehead, and down your nose and chin for a lit-from-within look.

try: L'Oréal Paris True Match Super-Blendable Blush in Apricot Kiss, \$11, drugstores



FLIRTY

cherry lip stain

HOW-TO: Make a statement without saying a word! A soft smudge of cherry stain is pretty without a ton of other products piled on. Apply more color on the center of your lips, then blend outward for a pouty finish that will last all day.

try: CoverGirl Outlast Lipstain in Scarlet Pucker, \$8, drugstores



WILD

magenta liner

HOW-TO: Let your inner rock star take center stage with a loud liner—but keep the rest of your face bare and glowy so the focus stays on your eyes. Draw a thick line from inner to outer corners, then go over it a second time for added intensity.

try: Nyx Cosmetics Candy Glitter Liner in Hot Candy, \$5, nyxcosmetics.com

the inner soul... would have green hair, but luckily we are not a like on this... At one time... her have you thought, even for a second, how much fun it would be to just let go... something wild and harmless... Deciding to take the plunge into pink hair is not for the faint hearted... this is a deep level of... the clothes, to have... give the rest... you see

extreme • shocking • expressive
beautiful

Splat

Rebellious Colors



splathaircolor.com

PINK FETISH

Splat

Everything you need for extremely vivid color!
Kits Include: Hair Color, Bleach, Peroxide, Gloves & Instructions

New from Splat!

Clip-In Hair Extensions



JEG / MODEL: KELLY EDEN GARDINER - SPLAT PINK FETISH / PHOTO MIDDLE BRETT SEELEY / PHOTO LEFT & RIGHT JERICKSONPHOTO.COM

Thurs.

GIRLY

glossy lids

HOW-TO: When you want to catch someone's eye, shiny lids light up your whole face! Squeeze a pea-size dot of clear gloss on your fingertip (make sure it's safe to use on eyes!) and pat it onto your lids for a pretty new look.

try: Make Up For Ever Super Lip Gloss in Clear, \$16, Sephora stores

Since this gloss is liquidy, be sure to wear waterproof mascara so it doesn't smudge!



Fri.

SULTRY

emerald eyes

HOW-TO: Try an unexpected twist on smoky eyes—use green cream liner! Dip a cotton swab into the pot and smudge it across top lids and just above creases. Add some along your lower lashline too and blend outward for a mysterious look.

try: Sephora Waterproof Smoky Cream Liner in Grass Is Greener, \$10, Sephora stores



Sat.

SOPHISTICATED

matte face

HOW-TO: For a polished date look, go for a matte face! Smooth on an oil-absorbing primer before applying foundation—it controls grease and shine all night. Then glide on a strong lip color in an orangy red shade for a fun pop.

try: Lipstick Queen Chinatown Glossy Pencil in Chase, \$20, lipstickqueen.com; Urban Decay De-Slick in a Tube, \$28, urbandecay.com

Make any lip color matte—just blot it with a tissue!



Sun.

PLAYFUL

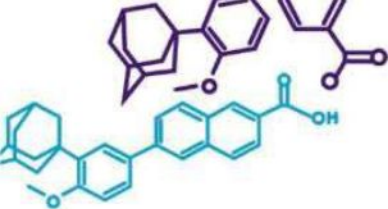
doll-like lashes

HOW-TO: Get an ultra-feminine look with lush lashes! For serious drama, add two coats of mascara. (This one has special fibers to give you a super-thick effect.) Wiggle the wand at the roots of your lashes, then comb up to the tips. Run the second coat over the top side of your lashes.

try: Maybelline New York Volum' Express the Falsies Washable Mascara in Blackest Black, \$8, drugstores



SEVENTEEN.COM Plan your week of new looks (virtually!) at seventeen.com/salon



PROMOTION

BE CLEARLY INSPIRED WITH EPIDUO® GEL



Meet our Be Clearly Inspired Contest winner,

Taylor, Age 14

who received \$1,500 to fulfill her dreams at volleyball camp. Congrats Taylor!

“Many people have acne, and I am so pleased that there is a National Acne Awareness Month. I think that clearer skin gives you confidence.”

Biology is responsible for a lot of things, including breakouts. Next time you break out, don't waste time worrying about it. Just blame biology and ask your doctor if **Epiduo® Gel** could be right for you.

BE BOLD AND FEEL CONFIDENT THIS FALL. WHY NOT...

- **STAND OUT** by wearing a bright colored lipgloss to school
- **RAISE YOUR HAND** in class to answer a tough question
- **RUN A 5K RACE** to raise funds for a favorite charity

BLAME BIOLOGY

FOR BAD SKIN

You can't fight your hormones, but you can do something about the acne breakouts they cause. So blame biology, Then **1.** Call your doctor, and **2.** Ask about prescription Epiduo (adapalene and benzoyl peroxide) GEL 0.1%/2.5%. It's the first (and only!) once-a-day topical gel that combines two of the most widely prescribed acne medications to work on the breakouts you have and help prevent new ones. Easy. **// YOU COULD PAY NO MORE THAN \$35 FOR YOUR EPIDUO PRESCRIPTION*.**

Go To Epiduo.com to find out how.



IMPORTANT SAFETY INFORMATION: Epiduo Gel is indicated for the topical treatment of acne vulgaris in patients 12 years and older. Apply to affected skin once per day, avoiding the eyes, lips and mucous membranes. Common adverse events associated with the use of Epiduo Gel are redness, scaling, dryness, stinging and burning. You may also experience contact dermatitis and/or skin irritation. These side effects typically resolve during the first four weeks of treatment, but speak to your doctor if they persist. Avoid excessive exposure to sunlight and sunlamps while using Epiduo Gel, and use of sunscreen products and protective clothing is recommended. Do not use irritating topical products that contain resorcinol, salicylic acid or sulfur. Pregnancy Category C.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit fda.gov/medwatch, or call 1-800-FDA-1088.

* For most insured patients. Uninsured patients please go to Epiduo.com/rebate for more information. Not valid for prescriptions reimbursed under Federal/State programs. See Epiduo.com for details.

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PLEASE SEE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON NEXT PAGE.

GALDERMA
Committed to the future
of dermatology

EPIDUO™

(adapalene and benzoyl peroxide) Gel 0.1% / 2.5%

Rx only

For Topical Use Only

Not For Ophthalmic, Oral, or Intravaginal Use.

BRIEF SUMMARY

INDICATIONS AND USAGE

EPIDUO Gel is a combination of adapalene, a retinoid, and benzoyl peroxide, and is indicated for the topical treatment of acne vulgaris in patients 12 years of age and older.

CONTRAINDICATIONS

None.

WARNINGS AND PRECAUTIONS

Ultraviolet Light and Environmental Exposure: Avoid exposure to sunlight and sunlamps. Wear sunscreen when sun exposure cannot be avoided.

Erythema, scaling, dryness, and stinging/burning may occur with use of EPIDUO Gel.

ADVERSE REACTIONS

Observed local adverse reactions in patients treated with EPIDUO Gel were erythema, scaling, dryness, stinging, and burning. Other most commonly reported adverse events ($\geq 1\%$) in patients treated with EPIDUO Gel were dry skin, contact dermatitis, application site burning, application site irritation, skin irritation.

DRUG INTERACTIONS

Exercise caution in using preparations containing sulfur, resorcinol, or salicylic acid, medicated or abrasive soaps and cleansers and products with high concentrations of alcohol or astringents in combination with EPIDUO Gel.

Concomitant use of topical products with a strong drying effect can increase irritation. Use with caution.

Pregnancy

Pregnancy Category C. There are no well-controlled trials in pregnant women treated with EPIDUO Gel. Animal reproduction studies have not been conducted with the combination gel or benzoyl peroxide. Furthermore, such studies are not always predictive of human response; therefore, EPIDUO Gel should be used during pregnancy only if the potential benefit justifies the risk to the fetus.

No teratogenic effects were observed in rats treated with oral doses of 0.15 to 5.0 mg adapalene/kg/day, up to 25 times ($\text{mg}/\text{m}^2/\text{day}$) the maximum recommended human dose (MRHD) of 2 grams of EPIDUO Gel. However, teratogenic changes were observed in rats and rabbits when treated with oral doses of ≥ 25 mg adapalene/kg/day representing 123 and 246 times MRHD, respectively. Findings included cleft palate, microphthalmia, encephalocele and skeletal abnormalities in rats; and umbilical hernia, exophthalmos and kidney and skeletal abnormalities in rabbits. Dermal teratology studies conducted in rats and rabbits at doses of 0.6-6.0 mg adapalene/kg/day [25-59 times (mg/m^2) the MRHD] exhibited no fetotoxicity and only minimal increases in supernumerary ribs in both species and delayed ossification in rabbits.

Nursing Mothers

It is not known whether adapalene or benzoyl peroxide is excreted in human milk following use of EPIDUO Gel. Because many drugs are excreted in human milk, caution should be exercised when EPIDUO Gel is administered to a nursing woman.

Pediatric Use

Safety and effectiveness of EPIDUO Gel in pediatric patients under the age of 12 have not been established.

Geriatric Use

Clinical studies of EPIDUO Gel did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No carcinogenicity, photocarcinogenicity, genotoxicity, or fertility studies were conducted with EPIDUO Gel.

Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.4, 1.3, and 4.0 $\text{mg}/\text{kg}/\text{day}$ (1.2, 3.9, and 12 $\text{mg}/\text{m}^2/\text{day}$), and in rats at oral doses of 0.15, 0.5, and 1.5 $\text{mg}/\text{kg}/\text{day}$ (0.9, 3.0, and 9.0 $\text{mg}/\text{m}^2/\text{day}$). In terms of body surface area, the highest dose levels are 9.8 (mice) and 7.4 times (rats) the MRHD of 2 grams of EPIDUO Gel. In the rat study, an increased incidence of benign and malignant pheochromocytomas in the adrenal medulla of male rats was observed.

No significant increase in tumor formation was observed in rodents topically treated with 15-25% benzoyl peroxide carbopol gel (6-10 times the concentration of benzoyl peroxide in EPIDUO Gel) for two years. Rats received maximum daily applications of 138 (males) and 205 (females) mg benzoyl peroxide/kg. In terms of body surface area, these levels are 27-40 times the MRHD. Similar results were obtained in mice topically treated with 25% benzoyl peroxide carbopol gel for 56 weeks followed by intermittent treatment with 15% benzoyl peroxide carbopol gel

for rest of the 2 years study period, and in mice topically treated with 5% benzoyl peroxide carbopol gel for two years.

The role of benzoyl peroxide as a tumor promoter has been well established in several animal species. However, the significance of this finding in humans is unknown.

In a photocarcinogenicity study conducted with 5% benzoyl peroxide carbopol gel, no increase in UV-induced tumor formation was observed in hairless mice topically treated for 40 weeks.

No photocarcinogenicity studies were conducted with adapalene. However, animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or sunlight. Although the significance of these findings to humans is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial irradiation sources.

Adapalene did not exhibit mutagenic or genotoxic effects *in vitro* (Ames test, Chinese hamster ovary cell assay, mouse lymphoma TK assay) or *in vivo* (mouse micronucleus test).

Bacterial mutagenicity assays (Ames test) with benzoyl peroxide has provided mixed results, mutagenic potential was observed in a few but not in a majority of investigations. Benzoyl peroxide has been shown to produce single-strand DNA breaks in human bronchial epithelial and mouse epidermal cells, it has caused DNA-protein cross-links in the human cells, and has also induced a dose-dependent increase in sister chromatid exchanges in Chinese hamster ovary cells.

In rat oral studies, 20 mg adapalene/kg/day (120 $\text{mg}/\text{m}^2/\text{day}$; 98 times the MRHD based on $\text{mg}/\text{m}^2/\text{day}$ comparison) did not affect the reproductive performance and fertility of F_0 males and females, or growth, development and reproductive function of F_1 offspring.

No fertility studies were conducted with benzoyl peroxide.

PATIENT COUNSELING INFORMATION

- Advise patients to cleanse the area to be treated with a mild or soapless cleanser; pat dry. Apply EPIDUO Gel as a thin layer, avoiding the eyes, lips and mucous membranes.
- Advise patients not to use more than the recommended amount and not to apply more than once daily as this will not produce faster results, but may increase irritation.
- EPIDUO Gel may cause irritation such as erythema, scaling, dryness, stinging or burning.
- Advise patients to minimize exposure to sunlight, including sunlamps. Recommend the use of sunscreen products and protective apparel, (e.g., hat) when exposure cannot be avoided.
- EPIDUO Gel may bleach hair and colored fabric.

Marketed by:

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Fort Worth, Texas 76177 USA

Manufactured by:

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BEAUTY
CONFIDENCE!

audrey, 19

jacki, 17

nikki, 15

get amazing skin

(AT EVERY AGE!)

Whether you've battled breakouts for a while or your first one just popped up, now you can clear them for good! **BY** meredith gray

AGE 15 & UNDER

be aggressive

• START A ROUTINE

The sooner you begin to take care of your skin, the better your chance of stopping acne from getting worse. Use a gentle cleanser and an oil-free moisturizer with SPF every day, morning and night.

• TREAT ALL OVER

Instead of treating your skin on a zit-by-zit basis, apply a prescription retinoid cream every night to unclog pores deep under your skin. (By the time a pimple reaches the surface, it's been brewing for weeks!)

• KEEP FIGHTING

Even if your skin seems to get better, don't quit your regimen. The acne-treatment product you use is essential for killing bacteria and preventing pimples from forming in the first place.

try: CeraVe Foaming Facial Cleanser, \$12, drugstores

Topical acne treatments make skin more sensitive to the sun. Use a **moisturizer** with **SPF** every day to stay protected.

This cleanser contains **hyaluronic acid**, which replenishes moisture in your skin so it doesn't dry out from the acne meds.

try: Clean Scene by Murad Down for Defense SPF 15 Moisturizer, \$24, Sephora stores

WIN!
20 readers will win a skin care set of Clean Scene by Murad products. See page 178 for details.

An **acne treatment** that combines bacteria-killing benzoyl peroxide with a pore-unclogging retinoid helps clear current breakouts and ward off future ones.

try: Epiduo Gel, available by prescription



Need to fight a surprise pimple fast? A spot treatment with sulfur will bring it down overnight.

Ashley is wearing **lipclick** in shade **cha cha**

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This foamy scrub is super-gentle, so you get a deep clean that feels refreshing, not irritating.

try: Neutrogena Rapid Clear Foaming Scrub, \$8, drugstores

WIN!

1,000 readers will win Kiehl's Ultra Facial 3-Step Essentials. See page 178 for details.

try: Kiehl's Ultra Facial Toner, \$16, kiehls.com

Soak up extra oil without stripping away moisture. This toner has vitamin E to soothe inflamed skin.

try: Clearasil Ultra Overnight Face Lotion, \$9, drugstores

Dry up breakouts with a nighttime treatment lotion. It hydrates your skin, while salicylic acid cleans out pores as you sleep.

AGE 16-17

Control breakouts

• GENTLY EXFOLIATE

Your pores are producing oil at such a rapid rate that it's hard for your skin cells to keep up. Use a daily scrub with salicylic acid to loosen and rinse away the dead cells that could clog pores.

• TAKE NOTES

Track when you get your period—breakouts usually coincide with PMS, because hormone levels spike and cause your skin to produce extra oil. To stop a breakout before it starts, add another acne-fighting medicine, like salicylic or glycolic acid, to your regimen the week before your period.

• EXPERIMENT

After a few years, your faithful products might not work for you anymore. Check the ingredients and pick a new product with different medicine. For example, if salicylic acid isn't helping your breakouts, try benzoyl peroxide.



Be gentle! Harsh scrubs irritate skin, which leads to more breakouts.



This little gadget stops breakouts from forming! It uses heat to kill the bacteria lurking underneath.

try: Zeno Heat Treat Blemish Prevention Kit, \$40, drugstores

AGE 18-19

get serious

• BRIGHTEN UP

Help your skin look clear and even with brightening cleansers and moisturizers. Look for ingredients like vitamin C and soy, which fade scars and dark spots left by previous breakouts.

• STAY FOCUSED

Even if you're still having bad flare-ups, don't give up hope (or treatment!). Try applying a benzoyl peroxide lotion all over your face every night before bed. It's the strongest antibacterial medicine you can get without a prescription.

• SEE A DERM

If you feel like you've tried everything and your acne still hasn't improved, it's time to see a dermatologist—especially if your breakouts are leaving scars.

This tinted moisturizer is like three products in one: It gives light coverage, brightens skin, and protects from the sun!

try: Aveeno Positively Radiant Tinted Moisturizer with SPF 30 in Medium, \$17, drugstores



try: Clean & Clear Morning Burst Facial Scrub, \$7, drugstores



Not only does this fruity scrub wake you up in the morning, but it also contains vitamin C to make uneven spots appear brighter.



This benzoyl peroxide cream is formulated to kill acne bacteria deep inside your pores, so it keeps fighting zits throughout the day.

try: Oxy Clinical Clearing Treatment, \$8, drugstores

Ever ride through a whirlpool
on an electric eel?



Ever tried New  Gum?

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facebook.com/5Gum

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MATTE MAGENTA

by Bianca, 20

YouTube screen name: BiancaBLovesU

"My lips are nice and full, so I can really show them off by wearing bright colors!"

STEP 1:

"Prep lips with an exfoliating balm to create a smooth surface. This one has sugar granules to nix flakes. (It tastes yummy too!)"

try: Softlips Pure 100% Natural Lip Polish, \$6, Target stores

STEP 2:

"A lip crayon makes applying your color a cinch! Draw inside the lines of your lips, and fill them in so the color is totally opaque."

try: Tarte LipSurgence Natural Matte Lip Stain in Lively, \$24, Sephora stores

STEP 3:

"To give your look a super-matte finish, gently blot your lips with sheer pressed powder."

try: Hard Candy Welcome Matte Pressed Powder, \$8, Walmart stores

play up your best feature!

Tap into your confidence by highlighting what you love about your face! The Beauty Smarties show you how. BY meredith gray

CONTOURED LIDS

by Ingrid, 21

YouTube screen name: missglamorazzi

"Because my eyes are deep-set, I love to make them stand out. Warm earth tones make them seem even more dramatic!"

try: Wet n Wild Color Icon Eyeshadow Trio in Walking on Eggshells, \$3, Walgreens stores; Sephora I.T. Medium Shader-Natural Brush, \$20, Sephora stores; Maybelline New York Line Express Eyeliner in Brownish Black, \$8, drugstores

HOW-TO:

start with a base

"To make your lids pop in the right places, dust a champagne shadow from lashlines to brow bones. Add some to your inner corners too, for extra sparkle."

create depth

"Make your eyes look bigger by brushing a nutty brown shade into your creases. Extend the shadow into a sideways V that frames the outer corners."

add definition

"Line your inner rims with a dark brown pencil for added intensity. Gently tug the skin away from your eye and glide the pencil with short strokes back and forth."

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A COLD SORE STEALING THE SHOW.
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BEAUTY
CONFIDENCE!

get fuzz-free fast!

When random hairs sprout,
don't freak! Here's how
to put your best face forward.

BY meredith gray



upper lip

These cool single-use applicator pods fit perfectly along your upper lip, helping you target the exact hairs you want to remove.

try: Sally Hansen Insta-Smooth Pods Crème Hair Remover for Face, \$10, drugstores

cheeks

Are you going nuts over a few downy hairs across your cheeks? Don't bother removing them—just use a cream bleach to make them practically invisible!

try: Jolen Creme Bleach Kit, \$10, drugstores



sideburns

The hair here tends to be fine and spread out, so use a gentle depilatory designed for your face. It will dissolve hair at the root without causing irritation.

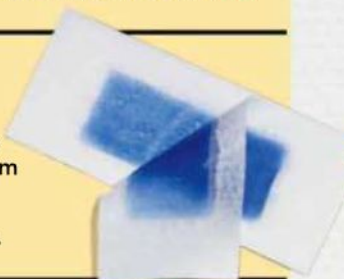
try: Nair Sensitive Formula Face Cream, \$6, drugstores



along the chin

Precut wax strips grab the coarser hair that sprouts along your chin and jawline. Just warm these strips in your hand, then stick them on. Easy!

try: Acorelle Hair Removal Strips for Face, \$22, blissworld.com



between brows

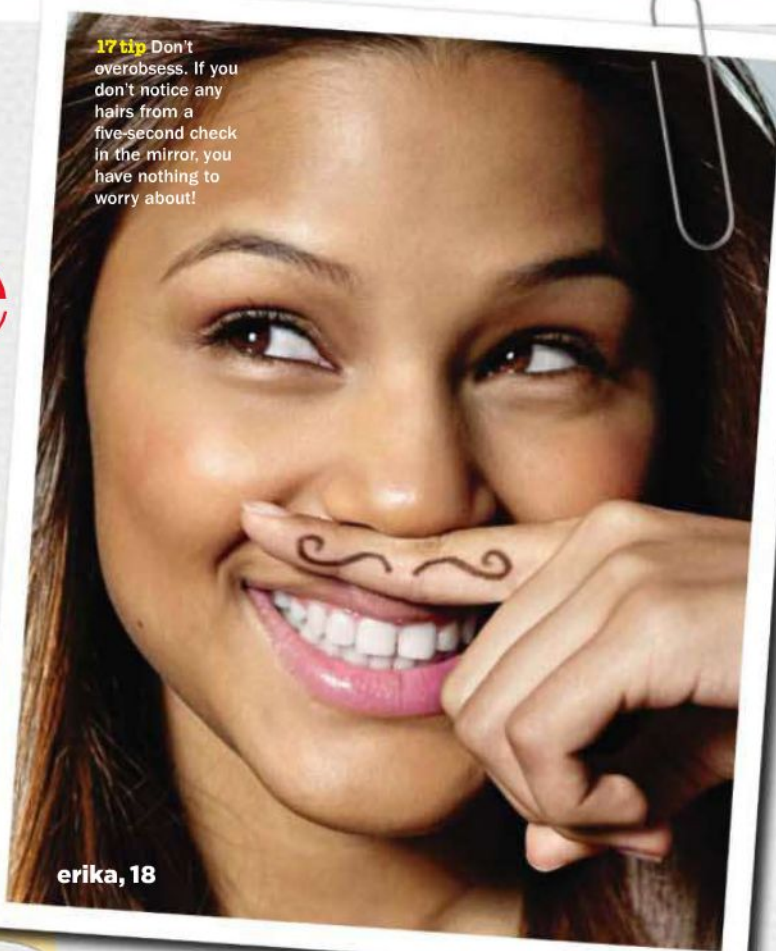
Tweezers have a tough time grabbing those thin hairs between your brows, but this blade lets you razor them off to create a really precise shape.

try: Sephora Eyebrow Touch Up Razor Set, \$15 for pack of two, Sephora stores

Use gentle pressure
and only glide
downward to avoid
nicking your skin.



17 tip Don't overobsess. If you don't notice any hairs from a five-second check in the mirror, you have nothing to worry about!



erika, 18

NEED EXTRA HELP?

When nothing else can smooth you over, try these tougher tactics.

VANIQA

PAIN-FREE!

This prescription cream slows hair growth so you're not stuck waxing, tweezing, or applying depilatories as frequently.

try: Vaniqa Cream, available by prescription



ELECTROLYSIS

SUPER-PRECISE!

An aesthetician uses a tiny needle with electricity to zap the hair at the base of the follicle and stop it from growing back.

LASER HAIR REMOVAL

LASTS FOREVER!

This procedure, done in a doctor's office, uses the heat from a laser beam to damage the hair follicle, which slows and eventually totally stops future growth.

SEVENTEEN.COM

Win tons of hair removal products at seventeen.com/freebies

REAL-GIRL PHOTO: KATE POWERS. FASHION STYLIST: ANNEBET DUVALL. HAIR: DAVID CRUZ FOR REDKEN/CUTLER NYC AT RAYBROWPRO.COM. MAKEUP: JENNA ANTON FOR NARS COSMETICS AT SEE MANAGEMENT. STILL LIVES: J. NUCKLE/STUDIO D.



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health

LOOK LEANER & TALLER!

When you're strong and toned, you stand up straight and feel *unbelievably* confident. A few easy moves from Joey Rubino (who trains **Demi Lovato**) will get you there!

Hot body, big smile—
Demi worked hard to get toned,
and she has been owning
the red carpet ever since!



get strong and sleek

YOUR PERSONAL TRAINER

NAME: Joey Rubino

LOCATION: Hollywood, CA

CELEBS HE TRAINS: Demi Lovato, Jonas Brothers, Jordin Sparks

WEB SITE: joeyrubino.com



TRAINING TIP:

"Don't quit—fight to the finish! If you're tempted to stop midset, do at least three more reps. I promise you'll surprise yourself."

do cardio to burn fat!

JUMP ROPE



Nyasia, 16, is captain of her fencing team!

Jump with feet together, twirling the rope forward. Do for one minute, then repeat, rotating the rope backward.

CANNONBALL



TRAINING TIP:

"Do all three moves in a row, then repeat twice, for a 15-minute cardio workout that really flies by!"

Jump up high, pulling your knees into your chest, then release them to land. Repeat for 90 seconds.

tighten your abs to look slim!

LEG RAISE



A

TRAINING TIP:

"For more resistance (and faster results), have a friend stand behind you and push your legs down as you lift them back up each time."



B

A Lie flat on your back, then use your abs to lift your legs straight up to 90°.

B Lower legs until they're a few inches off the floor, but don't let them touch it. Lift legs again. Do 3 sets of 20.

stretch your legs to make them look long

BALANCING STICK



TRAINING TIP:

"Focus on keeping your abs tight. It helps tone them, plus it keeps you balanced."

Stand with arms overhead and fingers locked. Lean forward and lift right leg back until body is parallel to ground. Hold for 60 seconds. Do twice on each side.

TEAR OUT HERE!



Join Team Seventeen at seventeen.com/team17 for support!

health

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OPEN FOR WORKOUT MOVES!

get strong and sleek

YOUR PERSONAL TRAINER

NAME: Joey Rubino

LOCATION: Hollywood, CA

CELEBS HE TRAINS: Demi Lovato, Jonas Brothers, Jordin Sparks

WEB SITE: joeyrubino.com



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TEAR OUT HERE!



Join Team Seventeen at seventeen.com/team17 for support!

in 4 weeks!

These moves target all the right areas—fast! Do them every other day and you'll look long, lean, and little around your middle.

SINGLE-LEG HOP



Jump up and down on your left leg 50 times, then rest for 30 seconds. Repeat on your right leg.

strengthen your back to stand tall!

SEAL LIFT



A



TRAINING TIP:

"When you get stronger, make this move more intense by lifting your legs an inch or two off the floor as you lift your chest."



B

A Lie face down. Place your hands behind your head and contract your abs to keep them tight.

B Squeeze your back to lift your chest a few inches off the floor. Lower down and repeat. Do 3 sets of 12 reps.

ger!

TRIANGLE POSE



TRAINING TIP:

"Twist your head to gaze up at your arm, but if it hurts your neck, look straight ahead instead."



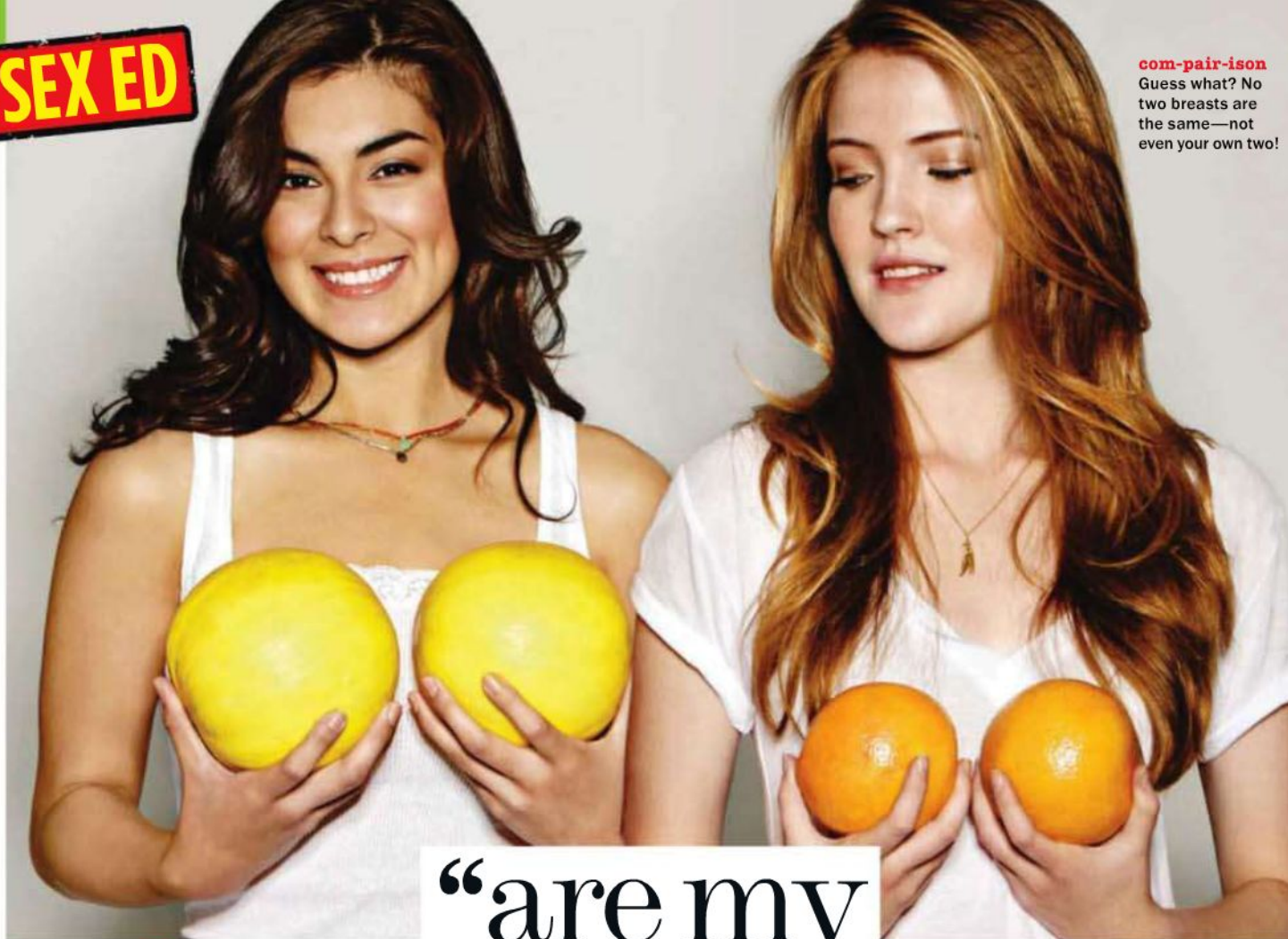
Stand, legs wide and arms out in a T. Bend left at hip to touch your shin, then twist torso right to reach right arm overhead. Hold for 45 seconds. Do twice on each side.

WIN A SWAG BAG!



These sporty pieces from aerie f.i.t. will give you the perfect layered look for your workout! Go to seventeen.com/freebies for a chance to win.

WORTH \$206 TOTAL!



“are my breasts normal?”

Too big? Too small? Too pointy? Relax! The only thing that really matters is that they're healthy. Here's how to keep them that way. **BY kim tranell**

Between the celebs with super-size implants and the guys at school who stare you in the chest (not the eyes) when you talk, it can seem like the entire *world* is breast-obsessed—and that can make *you* worry about how yours measure up! But instead of wasting a drop of energy comparing yourself, make peace with your breasts *now*. Because when they're still growing, everything from what you eat to your everyday habits can help keep them healthy for life (and they often continue to grow into your twenties!). Read on to learn how to love and protect your pair.



GET REAL!

heidi montag

My nipples are hairy.

I'm lopsided.

My breasts hurt.

Trust us—nobody is born with breasts that look like this.

your worries

the prob

why it's normal

feel better

Many girls grow wispy little hairs on their areolas (the darker circles around the nipples), and how many you have depends on your hormones and your genes.

You don't have to remove the hair, but if it makes you feel better, you can. Just hold each hair tight, then carefully snip it with fingernail scissors.

One breast may grow slightly faster, so don't worry if you're a little uneven. (If the difference is more than a cup size, though, see your doc to rule out a hormone imbalance or other problem.)

Lingerie departments sell gel inserts you can put in one bra cup, or you can get a padded bra that fits your smaller breast—just remove the padding on the other side!

When you're growing or your breasts swell during your period, your skin (and its nerves) stretches to make room for the extra fullness. It can make them ache like a sore muscle!

You can take a dose of ibuprofen, but first try lying down with bags of frozen veggies on your chest. It sounds weird, but they mold to your shape and give you relief all over!

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keep your breasts healthy for life!



Exercise. The more active you are between the ages of 12 and 22, the lower your risk of breast cancer as an adult. So work up a sweat for at least 30 minutes a day, and walk whenever and wherever you can!

Don't drink alcohol. Brand-new research shows that teen girls who drink regularly (several times a week) are at least three times as likely to develop painful breast bumps and cysts in their twenties.

Eat more fruits and veggies.

Studies show that they may reduce your breast cancer risk. (Green and orange veggies are best, but every little bit helps!)

Don't smoke. If you start as a teen and keep it up, you raise your risk of getting breast cancer later in life by 80 percent. Yikes!

AND DON'T FORGET:

check yourself!

Get to know your breasts now so you can **notice any changes** in the way they look and feel *later*. At the end of your period each month, when your breasts are least likely to be swollen, feel around: Go up and down, then left to right, pressing down gently. A **normal breast will feel a little soft and lumpy**, but if you find a single hard bump, see your doc. (Relax: It's worth checking out, but your chances of getting breast cancer before age 20 are about one in a million!)



17 FYI

Avoid a doc who pushes you to have surgery! A good plastic surgeon should help you weigh the risks (like loss of nipple sensation and scarring) against the benefits.

"My breasts don't feel like part of my body [since I've had implants]. If I'd researched it, I probably wouldn't have gotten a boob job."

—Kourtney
Kardashian



THE TRUTH ABOUT IMPLANTS

Here's what no one ever tells you.

They're risky. Implants require *real* surgery, so there's always a chance of getting a painful infection, or a buildup of scar tissue that can makes your breasts hard and lumpy.

Surgery hurts. Most of the time implants go under your muscle, so it's like pulling up a rubber band and sticking a water balloon under there. (Think about it—ouch!)

They don't last forever. After 10 to 15 years, you may need to have them removed or replaced, which means even *more* surgery.

They won't change you. Some girls actually get depressed after surgery, when they realize that bigger breasts don't solve all their *other* problems.

"i got a breast reduction."

“My heavy size 36DDD breasts caused me so much constant back pain that I couldn't even do normal things, like exercise. Plus, they killed my confidence and my posture—I used to hunch my back and push my shoulders forward to try to 'hide' my breasts! But even though I started researching surgery at 16, I waited until I was 21 to be sure I was *done* growing and that I was *really* ready. Now I'm a 36C, and I finally feel healthy and pretty again. My breasts don't hold me back anymore!”

—rinda, 22, bronx, ny



Help fight breast cancer!

Chances are you know someone affected by the disease, so if you're 18 or older, honor her by joining the Love/Avon Army of Women. They're recruiting one million women to participate in research so we can stop breast cancer once and for all! Go to armyofwomen.org for more info and to join.



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love life



dirty little love secrets

Everyone has something to hide. Find out when it's okay to open up—and when you're in danger of TMI. BY elisa benson

what's *your* secret?

your hookup number

ZIP IT!

If your guy asks how many people you've been with, you may feel like you *have* to answer. But don't! As long as you're up front about **sexual health issues** (STDs, condoms, birth control), the rest is none of his business. Just say, "You're not supposed to tell anyone your number!"—as if it's a rule everyone follows. You'll let him know the convo is off-limits without acting like you're hiding something.

you once dated his friend

SPILL IT!

He'll probably find out anyway, so **it's better to let him hear it from you**. Say, "Not sure if you know, but I used to have a thing with [friend's name]. I'm over it, but I wanted to tell you since I know you guys are close." When you admit it freely, it seems like less of a big deal and lets you reassure him it's old news.



you hate the way he kisses

SPILL IT!

Kissing should be fun for both of you—he'll *want* to know if you're not enjoying it. The secret is to **tell him what you like** ("My favorite thing is when you give me soft, slow kisses") so your instructions don't feel like a dis. Then add, "What do *you* like?" It reminds him that you want him to like it too. Luckily, it's easy for someone to be a better kisser. He just needs a few hints!

you're seeing other guys

ZIP IT!

You have the freedom to keep it to yourself until one of two things happens: He asks if you're hanging out with other people (in which case you shouldn't lie); or he's made it clear that he wants to be with only you (so you should let him know if you're not on the same page). But while things are still casual, **there's no need to bring up other dudes**—it will just make him jealous and insecure.

TRICKY SITUATION!

"I'm in love with my best friend's guy! I feel guilty, but she treats him horribly. Should I tell him how I feel?" —KRISTI, 16

Your friend might be a lousy girlfriend, but that doesn't make it okay to **move in on her boyfriend**. This time, you've got to keep your feelings to yourself: Don't drop hints, don't tell his friends, and definitely don't flirt! It's the only way to avoid drama *and* help yourself get over him.



SECRETS HE KEEPS

"The first time I had sex, I kept it hidden that I was still a virgin. I was embarrassed to be less experienced than she was."

—KEVIN, 21

"I got in a fistfight and couldn't bear to tell my girlfriend. I was worried she'd see me as a hothead."

—MATT, 22

"When my girlfriend and I were on a break, I fooled around with a different girl every day. But when we got back together, I realized that she'd assumed we hadn't been seeing other people, so I played along."

—CAMERON, 19



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why he stopped calling

Everything was going great—until one day he disappeared. Here's why his feelings changed practically overnight.



see ya never
It feels like he's un-friending you in real life!

your wild side turned him off



"I brought the girl I was dating to a house party. She got so drunk that she started sloppily flirting with everyone there, guys and girls. I felt like **she'd morphed into a different person**—from a sweet girl to a 'Girls Gone Wild' girl. That was the last time we hung out."

—IAN, 20, COLUMBUS, OH

he heard a nasty rumor

"I thought the girl I was seeing was perfect—until a friend told me **she'd cheated on her last boyfriend**. It surprised me so much, I started **doubting our connection**. I couldn't shake the thought, That could be *me*."

—HARRISON, 18, PORT WASHINGTON, NY



the kiss was a dud



"After a few dates, I finally hooked up with the girl I was seeing. By the time I got home that night, I was over her. **Without the anticipation of the hookup**, it turned out I wasn't interested. We're still friends, but the chemistry just wasn't there."

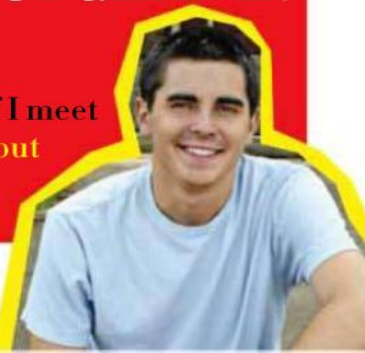
—JACOB, 19, WEST HARTFORD, CT

OMG!

HE WANTED TO UPGRADE!

"I always feel like there could be someone better than my current girlfriend, so I keep my options open. If I meet someone who's my type, **I just forget about the old girl immediately**."

—ETHAN, 20, SPRINGFIELD, OH




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and start
sniffing
Dove go fresh**



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Find both in the deodorant aisle.

do your friends hate your guy?

Your BFF would never say your dude is a dud, but if you listen carefully, you can find out how she *really* feels. BY elisa benson

SHE SAYS *"Is Pete coming out with us?"*

SHE MEANS *"Does Pete have to come out with us every time?"*

Your friend might sweetly ask if your guy is joining your crew on Friday, but chances are she's rolling her eyes inside and wishing it was just the girls. **It's hard to balance your BFF and your boyfriend, but here's a good guide:** If you don't know the latest news in her life (like the list of colleges she's applying to), then it's time to reconnect. No need for an elaborate girls' night—just grabbing

Frappuccinos one-on-one every once in a while will make her less resentful when your guy hangs out with you.



three's company
How does Jessica feel when Blake's BF, Penn, edges in on gossip time?

SHE SAYS *"I heard he's kind of a player."*

SHE MEANS *"You're getting played!"*

Since your BFF knows you better than anyone, she could be tuned into warning signs about your guy that you're too love-obsessed to notice. Think about whether her words ring true: **Have you felt any twinges of doubt or noticed anything fishy about his behavior?** If you feel secure with him, tell her, "I feel good about things right now, but thanks for having my back." Acknowledging how much you value her opinion reinforces that you and she are a team, no matter what happens with your guy.



the other twilight saga
Does Dakota feel eclipsed by Kristen's BF, Rob?

SHE SAYS *"So are you guys, like, together?"*

SHE MEANS *"I'm jealous."*

Right now, you have a brand-new dude you're totally into—and your friend can't help but wish she had an exciting prospect too. **Make it your mission to be her wing girl: Get your guy to invite his friends to hang out and casually introduce her.** (Just don't go overboard with a ton of setups—she'll feel like a charity case.) When she's getting a little attention, it will boost her confidence and remind her that there's a guy out there for her too!

SHE SAYS *Nothing.*

SHE MEANS *"I can't stand him."*

For whatever reason, your friend doesn't like your guy, and she's dealing with it by pretending he doesn't exist. Call her out on it—say, "I can tell you're not into [his name]. I'm not planning to end it, but our friendship means a lot to me. Is there a way I can make this better?" **Giving her a chance to open up might reveal a problem you didn't see before** (like maybe she thinks your guy doesn't like *her*). She might never be tight with him, but you can help her get to a place where she's happy for you.

HOW DO YOU LIV?



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who's your halloween hookup?

So many hotties in costume—just one night!
Who should you pick? BY elisa benson

START HERE!

What costume would you wear?

- A Sexy devil.** Any excuse to flirt in red platforms!
- B Classic witch.** This wicked look never fails.
- C Lady Gaga.** Bust out the wigs! Pop culture costumes crack everyone up!

The best part of dressing up is:

- A Having the perfect reason to wear fake eyelashes!**
- B Feeling mysterious** because you get to be someone else for a night.
- C Digging through the crazy props** at the Halloween party store looking for inspiration.

It's fantasy setup day! Which celeb is your perfect match?

- A Zac Efron . . . shirtless, if possible.**
- B Ed Westwick.** His brooding act draws you in.
- C Cory Monteith.** You love his playful sense of humor.

What scary movie do you plan on renting this year?

- A Saw.** The gory slasher flicks are perfect for a fright-night marathon with friends.
- B Paranormal Activity.** It's scary-suspenseful because it seems so real!
- C Drag Me to Hell.** It's awesomely creepy, in a hilarious, campy way.

If you only did one thing this Halloween, you'd make sure to:

- A Hit as many costume parties as possible.**
- B Scare yourself silly at a haunted house.**
- C Prank your friends.** It's trick or treat, with an emphasis on **trick!**



vamping out

Kellan Lutz (as Batman's beefed-up sidekick, Robin) with BFF Ashley Greene (as a flirty peacock).

MOSTLY As

SUPERHERO!

You're a confident, natural flirt—and behind every macho action hero costume is a guy who'd love to flirt right back. Give him a smile and a playful remark ("Nice spandex!") to let him know there's real fire behind your smoking-hot costume!



jared, 22

MOSTLY Bs

ZOMBIE!

You love Halloween's thrills and chills—and you're drawn to a guy with a dark side too.

Look for the dude in a gory costume and give him a casual compliment ("You're cute, for a dead guy!"). You'll melt his scary exterior.



alex, 21

MOSTLY Cs

JERSEY SHORE!

Your best match is a guy who shares your humor, so zero in on the jokester in the pop culture costume and let him know you get the reference.

("Taking a break from GTL?") Jump-starting the banter will keep you both laughing all night.



tim, 19

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Sunday, **September 19th**, starting at noon! Join us for **amazing deals, awesome freebies, fabulous fashion** shows and a **FREE concert** featuring **NE-YO** and special guest, **HOT CHELLE RAE** at NYC's Manhattan Center Grand Ballroom. Didn't RSVP? Stop by your fave stores on 34th Street for the chance to win a pair of **VIP tickets**. Plus, don't miss our open **Editorial casting call** for the opportunity to be featured in *Seventeen*! Go to seventeenshopnstyle.com for complete details.

Want a New Back-To-School Wardrobe?

Enter to win one of **five** sweet shopping sprees including a **\$100 gift card** from **JCPenney, Aéropostale, and Macy's**! Go to seventeen.com/shopnstyle to enter.

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We're giving the first **117** readers the chance to receive a **FREE** Back-To-School **Seventeen Swag Bag** when you make a \$25 purchase (from 8/1-9/30) at JCPenney, Aéropostale, or Macy's.

Send your name, address, phone number, date of birth, and proof of purchase to:

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Enter for your chance to win a **\$3,000 UA shopping spree**—\$1,500 for you, \$1,500 for a friend—along with a **trip for 2 to LA to workout** with **celeb trainer Gunnar Peterson**, which will be **recapped** in a future issue of *Seventeen*. Check out **page 103** for all the details.

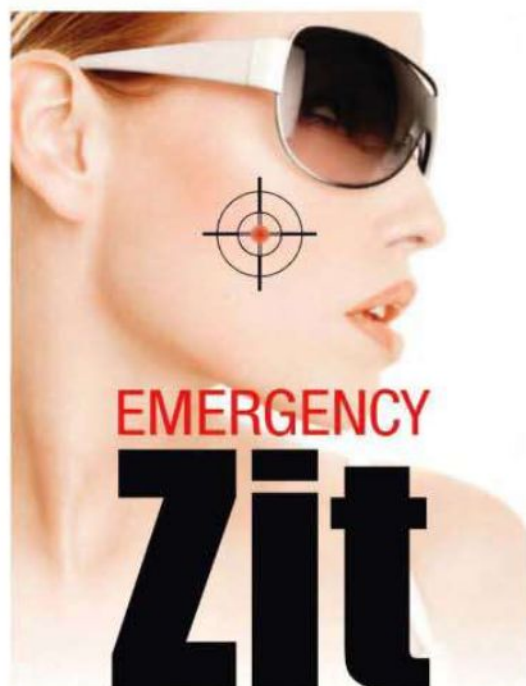


Vera Bradley "Thrilled for Frill" Shopping Event

Join *Seventeen* for an exclusive sneak peek at **Vera Bradley's** designer handbags, travel, eyewear and paper & gift items during this exclusive shopping event! Vera Bradley's newest collection of patent-trimmed, laminated cotton "**Frill**" styles feature eye-catching flower appliques and other fun and frilly details to express your fabulously fun and trendy self! Enjoy special Vera Bradley **giveaways**, a live **DJ** and **fashion presentation**, as well as on-site **makeovers**! Plus, *Seventeen* will make a **\$1.00 charitable donation** to the Vera Bradley Foundation for Breast Cancer for every purchase made during the event. Visit verabradley.com for more information about the Frill collection or to find a store near you!

Garden City, NY / Vera Bradley at Roosevelt Field / **Saturday, October 2** (2PM - 4PM)

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17

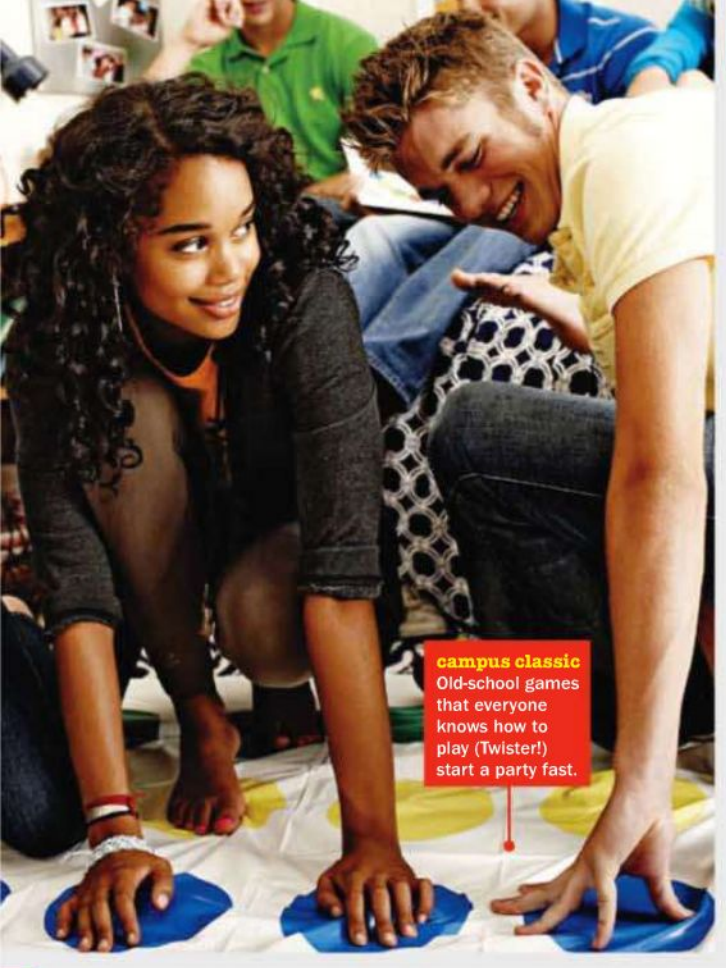
SECRETS TO SURVIVING

COLLEGE

Don't head to campus feeling like a newbie. We scored you insider advice from the college writers at **HerCampus.com**—so you'll start the school year as smooth as a senior!

TURN THE PAGE!

campus fashion tips • all-nighter tricks • college party scoop • and more!



campus classic
Old-school games that everyone knows how to play (Twister!) start a party fast.

SECRET #2

you need a roommate contract



Sharing a tiny dorm means drama! My roommate and I used this pledge to avoid a blowout.

BY ELIZABETH, 20, UNIVERSITY OF CALIFORNIA, SANTA BARBARA

I WILL...

Respect bedtime.

Lights out at 10 P.M. is not realistic. But if one of us turns in for an early class, the overhead light goes out and a desk lamp and headphones are on.

Give space.

We schedule different times to go to the gym or library so we each get a few hours alone in the room.

Ask first.

Stealing body wash or printer ink might seem like no biggie, but that stuff disappears fast! Unless you paid for it, get permission.

Make guylines.

Text a heads-up if you want to hook up in the room, and always respect the three-knock warning: It means "You have five minutes!"

SIGN:

YOU

YOUR ROOMMATE

SECRET #1

make your room the party room!



When your room is the coolest place on the floor to hang out, it's a guaranteed way to meet new people. Here's how I did it!

BY LUCY, 21, CORNELL UNIVERSITY

- **Always prop open your door** so it's easy for floormates to stop in and say hi. Hang up a whiteboard on your door too, so people can doodle on it or leave messages when you're out.
- **Invite people over** to watch *Glee* or *The Bachelor*—shared TV guilty pleasures are a fast way to bond!
- **Get a (small!) pet.** Everyone came to see my goldfish—we even took a floor poll to choose his name ("Nemo").

SECRET #3



THE MICROWAVE IS YOUR KITCHEN

When the caf is closed, here is the yummiest food to fix yourself! BY BERNICE, 20, UNIVERSITY OF TEXAS AT AUSTIN

STUDY SNACK

The **Pop-Secret Butter/Kettle Corn Variety Pack** satisfies sweet or salty cravings.



4TH MEAL

When you're up late studying, you get hungry for real food. **Pasta Roni** is a satisfying mini meal that comes in lots of flavors.



SWEET TREAT

Just add water to get surprisingly tasty cake in two minutes with **Betty Crocker Warm Delights Minis**.



ON MODELS: TWISTER PHOTO: (ON HER) PANTS, HUE; ALL OTHER CLOTHES AND ACCESSORIES, HER OWN; (ON HIM, BACK LEFT) POLO, EXPRESS; (ON HIM, BACK RIGHT) POLO, AEROPOSTALE; JEANS, HIS OWN; (ON HIM, FRONT) POLO, AMERICAN EAGLE OUTFITTERS; JEANS, HIS OWN; (ON HER) JEANS, JCPENNEY; ALL OTHER CLOTHING AND ACCESSORIES, HER OWN; (ON HIM) ALL CLOTHES AND ACCESSORIES, HIS OWN; STILL LIFES; (FOOD) PHILIP FRIEDMAN/STUDIO D; (BLACKBERRY) MARKO METZINGER/STUDIO D; (MONEY) D. HURST/ALAMY; (LIP GLOSS) J. NUCKLE/STUDIO D; (KEYS) JESUS AYALA/STUDIO D.

SECRET #4

no one cares if you
don't drink



“I used to assume that I had to drink to fit in at parties. But when one guy I was talking to joked that I'd barely touched the drink he'd grabbed for me, I admitted that I prefer

to stay sober. Next time I saw him, he asked me to have a Coke with him! Now

I don't feel shy telling people I'm not into alcohol.”

—MARIEL, 21, PURCHASE COLLEGE, SUNY



✓PHONE

✓MONEY

✓ID

✓LIP GLOSS

✓KEYS

SECRET #5

P-MILK



“When I was in high school, my motto was: ‘The bigger the bag, the better.’ But college parties take place in a crowded dorm room or a cramped club, so you just want the necessities, aka P-MILK: **phone, money, ID, lip gloss, and keys**. It's all you need for a night out!”

—AMBER, 19, RIDER UNIVERSITY

SECRET #6

hot guys
are everywhere!

It's not just classes and parties where you meet guys—the possibilities are endless!

**dorms!**

“The best guys **might be right next door**. I met my boyfriend, Alex, because he lived on my floor. I took a chance on dormcest [see secret #11], and it paid off!”

—WINDSOR, 21, HARVARD COLLEGE

**dining hall!**

“I kept noticing this cute guy in the caf, so I asked around to get his name and friended him on Facebook. Then I **Facebook-chatted him** and pretended like it was an accident. It worked!”

—VICTORIA, 20, EMERSON COLLEGE

**campus job!**

“I worked at the movie theater to make money—my guy was a bonus! **We had so many shifts together**, it was easy to bond. He finally asked me out on our lunch break.”

—HILLARY, 21, WESTERN MICHIGAN UNIVERSITY



game on
One reason intramural sports are hot in college: coed teams!

SECRET #7

CAMPUS FASHION IS ABOUT COMFORT

Getting dressed up for class makes you look like you're trying too hard. Go for styles that are casual-cute.

FUNKY

accessories

A basic LBD is easy (it goes everywhere!), but you can personalize it with cool details.



MARION, 20, UNIVERSITY OF PENNSYLVANIA

SPORTY

track shorts

They're a major trend, even if you're not (literally!) running all over campus.



GEMMA, 21, DREXEL UNIVERSITY

PREPPY

vest + hoodie

You'll be on the go from morning to night, so dress in layers so you're ready for any temp change.



DAUNA, 19, EMMANUEL COLLEGE

GIRLY

bright colors

These sorority girls know that a sunny shade makes you look awake—even on days when you need a caffeine IV.



STUDENTS AT BAYLOR UNIVERSITY

SECRET #8

cute pj's are a must!

From late night study sessions in your dorm lounge to middle-of-the-night fire drills, you'll be caught in your pajamas again and again!



"When the fire alarm went off at 2 A.M., I panicked and threw on an old oversize sweatshirt over my boxers and tank top. It wasn't until I ran into a cute hockey player outside that I realized I looked like I wasn't wearing any pants. Ack! I was totally embarrassed—and freezing."

-DIVYA, 21, BOSTON UNIVERSITY

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pj pants

Sizes XXS-XXL, American Eagle Outfitters, \$25, ae.com

XOXO

eye mask

Mary Green, \$18, marygreen.com



slippers

Sizes S-XL, JCPenney, \$17, JCPenney



SECRET #9

facebook HAS ALL NEW RULES!



Get ready: You're about to make a zillion new "friends." BY KATIE, 20, UNIVERSITY OF PENNSYLVANIA



DO Friend the people in your classes right away.

When you need last-minute study help the night before a big test, you'll be very happy you sent those requests.



DON'T Friend your professors.

Some people want to get on their teachers' good sides, but do you really think they'll be impressed by that 2 A.M. mobile upload of you scarfing pizza on the quad?



DO Keep in touch with people from your hometown who go to your college.

Carpooling on breaks will save you \$\$\$!



DON'T Choose a profile pic of you partying—

especially if you rush a sorority. Many chapters will look at your profile on a projector screen. (Seriously!) A pic that seems cute and fun to you could seem lush-y or slutty to people who don't know you.



book smart
Check Facebook Marketplace to see if friends are selling the books you need.

SECRET #10

BOOKS COST A FORTUNE!



At a pricey campus bookstore, textbooks will set you back hundreds per semester. Avoid!

BY DARA, 21, HOFSTRA UNIVERSITY

- **Rent:** Buy discounted books at chegg.com, then return them at the end of the semester (free shipping!)—you'll save about \$500 a year.
- **Shop around:** Search for a book on amazon.com to compare the price on different sites. (Check the seller ratings to make sure they're legit.)
- **Download:** Okay with reading your books on a laptop or an iPad? Download them for cheap at coursesmart.com or manybooks.net.

SECRET #11

you'll learn to **speak college**



Get ready to hear these words constantly. Study up now, and everyone will think you're in the know. BY TAYLOR, 21, UNIVERSITY OF CONNECTICUT

dormcest (n): Hooking up with someone in your dorm—can lead to awkward run-ins if things fizzle.

breaks-giving (n): Refers to the time of year—around Thanksgiving—when many freshmen dump their long-distance high school sweethearts because they're having more fun in college! Also called "Turkey Dump."

jungle juice (n): A punch served at parties (usually in a giant cooler) that tastes like fruit juice but is packed with alcohol. Warning: It's scary-strong.

sexiled (adj.): Refers to being "exiled" from your room because your roommate is hooking up and needs privacy. Example: "I had to sleep in the study lounge last night because I got sexiled."

fracket (n): A cheap jacket you wear only to frat parties— if it gets stolen or stomped on, who cares?

highlighter party (n): A party with a black light where everyone wears white and writes on each other with highlighters. By the end, you're glowing!



SECRET #16

YOU WILL PULL AN ALL-NIGHTER



Know this: There will be times when you're buried in your books until sunrise. Here's your survival kit.

BY GRACE, 18, HOFSTRA UNIVERSITY



power down

Really need to study? Turn off your laptop so you don't get sucked into Perez.

- **iPod** Every hour, take a 10-minute break from work to blast music on your iPod and dance around your room—it will wake you up and de-stress you.
- **Nutella** You'll be surprised how starved you feel at 3 A.M. I go for a Nutella sandwich on whole wheat bread. It's delicious and filling.
- **an alarm** When 'studying' turns into staring at words on the page, it's pointless! Set your phone alarm and recharge with a 20-minute power nap.



SECRET #17

you're bringing too much stuff!



Everyone overpacks for freshman year—so I'm giving you the essentials. BY

ABIGAIL, 21, BRANDEIS UNIVERSITY

PACK IT:



tons of underwear

You need it to last from when you say you'll do your laundry to when you *actually* do your laundry—two weeks later.



an extra phone charger

Whether you're away from your dorm for the night or you're low on battery during the day, it's a must-have.



one nice dress

You don't need a whole fancy wardrobe, just one dressier look for the occasional formal or banquet.

SKIP IT:



every accessory you own

You'll never feel like going all out for an 8 A.M. class. Just bring a few of your favorite pieces that you actually wear.



books you've already read

You'll only have time to read what's assigned. These will just waste space.



t-shirts

You'll get a couple free ones at orientation, pick up new ones at the bookstore, and buy the ones that clubs sell at events for \$5. All those "gym T-shirts" you brought from home will just sit in your closet.



ENTER TO WIN \$250,000 FOR COLLEGE!

Go to your dream school

FOR FREE!

Enter *Seventeen's* 2010 College Sweepstakes! You could win \$250,000 to cover your tuition—and a whole lot more!

For more details, see page 178 or go to seventeen.com/freecollege.



MEET THE FRESHMAN 15!

Our newest class of girls are dying to vlog, blog, tweet, and talk to you about their first year of school.

3,000 miles from home!



NOELIA
WESLEYAN
UNIVERSITY

obsessed with fashion!



JANELLE
COLORADO STATE
UNIVERSITY

she's also
a model!

the activist!



CASI
STANFORD
UNIVERSITY

going to a women's college!



ABBY
AGNES SCOTT
COLLEGE

can't wait to party!



BRIA
COLUMBIA
COLLEGE CHICAGO

blogging-obsessed!



KATIE
UNIVERSITY OF
NORTH CAROLINA

has her
own YouTube
channel!

took a gap year first!



LAURA
APPALACHIAN
STATE UNIVERSITY

did service
work in
Zambia!

enrolling with her BF!



SAMANTHA
GRINNELL
COLLEGE

worked to score a full ride!



ALIYYAH
UNIVERSITY OF
PENNSYLVANIA

single for the first time!



CARLY
UNIVERSITY OF
WISCONSIN-
EAU CLAIRE

works hard, plays hard!



SARITA
COLUMBIA
UNIVERSITY

community college-bound!



DEBORAH
MISSISSIPPI GULF
COAST COMMUNITY
COLLEGE

dorming
with HS
friends!

shy girl stepping out!



PAIGE
HAMPTON
UNIVERSITY

going to the Big Apple!



ESTHER
NEW YORK
UNIVERSITY

psyched to
rush a
sorority!

self-described "girly nerd"!



VERONICA
RICE
UNIVERSITY

seventeen's
FRESHMAN
15

These 15 girls will share the juicy details
of their first year of college as it
happens (Roommates! Hookups! Parties!)
on seventeen.com/freshman15.



Mother Nature doesn't stand a chance.  With a 40% smaller applicator, Compak Pearl still stops leaks better than Playtex Sport*. Just click it open and it's ready to go.  Full-size protection. *Only cuter.*

Outsmart Mother Nature
TAMPAX



*Compak Pearl regular has a 40% smaller applicator and stops more leaks vs. Playtex Sport regular
Claim based on a 2009 test conducted by P&G Research & Development

YOUR A TO Z

fall fun guide!

It's the best time of the year—new shows, big movies, and hot music! Read on and get excited! BY neha gandhi

WIN
10 winners will score *Glee* Season 1 DVDs and entire music collection! Enter at seventeen.com/freebies.

A

AMAZING MUSIC

If you loved *Glee* last season, you haven't heard anything yet! Gleeks can look forward to major music and really cool surprise guest stars (including Britney Spears!). Tuesdays at 8 P.M. on Fox, starting September 21.



B BRIGHT YOUNG THINGS

It's like *Gossip Girl* set in 1920s New York! Two teen girls find themselves in the glamorous but dangerous world of bootleggers and speakeasies in this new series from **Anna Godbersen** (who wrote the scandalous *Luxe* best-sellers). In stores October 12.



C

CHEERLEADERS

Ready? O-K! In the new show ***Hellcats***, these college cheerleaders know how to play hard and fight hard (and that's off the field!). Wednesdays at 9 P.M. on The CW, starting September 8.

D DATE MOVIES

He'll love these frightening flicks—but you'll love the excuse to hide in his arm!



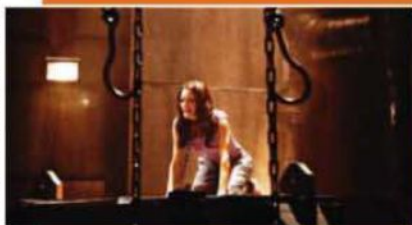
My Soul to Take

The guy who wrote *Nightmare on Elm Street* and directed the *Scream* movies creates insane twists and turns that will keep you up at night for weeks. In theaters October 8.



Paranormal Activity 2

There's more inexplicable weirdness—and creepy camera work—from the team behind the original, in this freaky sequel. In theaters October 22.



SAW 3D Turns out even a support group for Jigsaw's victims isn't safe anymore. And to make it even scarier, you can see all the blood, guts, and gore in 3-D! In theaters October 29.

E EASY A

Watch **Emma Stone** try to rise above the social minefields at her high school by spreading some (not-so) harmless rumors about herself that spin out of control and brand her the school slut. Ouch! In theaters September 17.

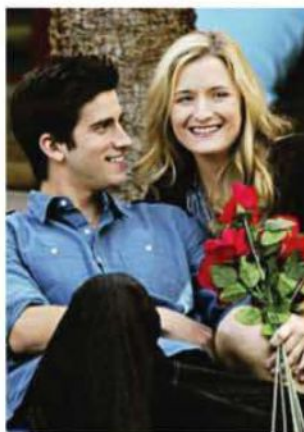


F FACEBOOK

Nasty wall comments seem downright sweet next to the crazy true story about the creation of Facebook. (Did Mark Zuckerberg steal the idea from his classmates?!?) Jesse Eisenberg and Justin Timberlake star in ***The Social Network***. In theaters October 15.

G GIGANTIC

Ever wonder what it would be like to have movie-star parents? Watch this drama about Hollywood kids starring **Grace Gummer** and **Ryan Rottman** (who have famous parents in real life too). Fridays at 9:30 P.M. on Teen Nick, after starting October 8 at 10 P.M.



H HIGH SCHOOL DRAMA

Britt Robertson plays a student who ends up in the HS version of Camelot (with a very cute Gregg Sulkin as King Arthur) in ***Avalon High***—based on Meg Cabot's best-seller! Premiering in November on the Disney Channel.

IT'S KIND OF A FUNNY STORY

... and a super-sweet movie: New hottie **Keir Gilchrist** "accidentally" checks himself into a mental hospital and finds love with fellow patient **Emma Roberts**. In theaters September 24.



BRIGHT YOUNG THINGS: COURTESY OF HARPER COLLINS. EASY A: ADAM TAYLOR/SCREEN GEMS. THE SOCIAL NETWORK: MERRICK MORTON/COLUMBIA PICTURES. AVALON HIGH: GEOFF SHOOT/Disney CHANNEL. GIGANTIC: ROBERT VOETS/NICKELODEON. IT'S KIND OF A FUNNY STORY: KYLE BAILEY/FOCUS FEATURES. SAW 3D: BROOKE PALMER. PARANORMAL ACTIVITY 2: COURTESY OF PARAMOUNT PICTURES. MY SOUL TO TAKE: NICOLE RIVELLI/ROGUE PICTURES. HELLCATS: JACK ROWAND/THE CW.

J

JUSTIN BIEBER

Can't get enough? Catch The Bieb on tour through December. And pick up the book he wrote as a thank-you for his fans, *Justin Bieber First Step 2 Forever: My Story*. In stores October 12.



WIN IT

5 winners get a copy of his book and a signed copy of his album *My World 2.0*. Enter at seventeen.com/freebies!

K KINGS OF LEON

Their latest album, *Come Around Sundown*, is even more soulful than the last one. In stores October 19.



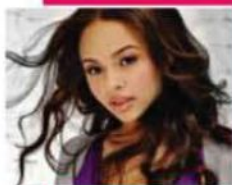
WIN IT
Win 2 tix to see the show live at seventeen.com/freebies!

L LIVE!

Tune into the **American Music Awards** to see all of your favorites perform live—and win! November 21 at 8 P.M. on ABC.

M NEW MUSIC

Fresh acts and free downloads! Get them at seventeen.com/newmusic!



alexis jordan She sounds a little like Beyoncé, but you'll be won over by bubbly lyrics on her album *Happiness*, in stores in February.
DOWNLOAD: "Happiness" (acoustic)
CODE WORD: glitter



burnham Think Jonas Brothers meets Hanson. These brothers have a catchy sound that's already won them a spot opening for Justin Bieber on tour! Get to know them on *Burnham*. In stores in October.
DOWNLOAD: "Chasing Lizzie"
CODE WORD: sparkle



nicki minaj You've heard her fierce rap skills on tracks like "Shakin' It 4 Daddy," but now you can hear her do her own thing on *Pink Friday*. In stores November 23.
DOWNLOAD: "Your Love"
CODE WORD: shine



WIN IT

25 winners get an autographed copy of *Libra Scale*. Enter at seventeen.com/freebies!

N NE-YO

Every song on his new album *Libra Scale* will make you get up and shake it. In stores September 21.

O ONE NIGHT ONLY

You saw their video for "Say You Don't Want It" with Emma Watson (she's dating lead singer George Craig). Now the cute indie Brit band has a second album, *Chemistry*. In stores November 8.



P

PASSION PIT

Check out their synth-pop act, and sing along to favorites like "Sleepyhead" while they're on the road with Muse!



Q MAGGIE Q

The butt-kicking star of *Nikita* takes down trained assassins single-handedly. You'll love the fight scenes almost as much as you'll love the music! Thursdays at 9 P.M. on The CW, starting September 9.



R "ROUND AND ROUND"

Selena Gomez's awesome single is just a taste of the jump-around-and-dance album *A Year Without Rain*. Our favorite track: "The Beginning of the Road." It's sweet and emotional but not sappy! In stores September 21.



the new deb homecoming
collection, sizes 3 to 24.

you'll find shoes, earrings,
bracelets, necklaces and more.
shop in-store or online 24/7 @
debshops.com

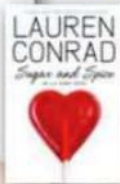
MASQUERADE

* deb



S STYLE AND SUBSTANCE

Lauren Conrad has been working hard since *The Hills*! Pick up her *Style* book and the next L.A. Candy novel, *Sugar and Spice*. Both in stores October 5.



T TAYLOR SWIFT

Her songs get even more personal on her new album ***Speak Now***. (She says it's basically a musical diary of the past two years!) In stores October 25.



U UNDRESSED

Christina Aguilera and Julianne Hough show off more than just their dance moves in the movie ***Burlesque***. In theaters November 24.

W WIZARDS

In ***Harry Potter and the Deathly Hallows***, the final fight with Voldemort is so close. It will be the darkest test Harry, Ron, and Hermione have faced yet—plus it's in 3-D! In theaters November 9.



WIN
100 winners will get a pair of free movie tickets from Fandango. Go to seventeen.com/freebies to enter.



X **XOXO, GOSSIP GIRL**
After last season's cliff-hanger, tune in for two episodes in Paris, a new Prince Charming for **Blair**, and lots of baby-mama drama with **Georgina**. Mondays at 9 P.M. on The CW, starting September 13.

Y YOU AGAIN

Imagine finding out your brother is about to marry the girl who *tortured* you in high school. That's what happens to **Kristen Bell** in this funny story about family and frenemies. In theaters September 24.



V

VAMPIRE DIARIES

Stefan, Elena, and Damon's love triangle is only going to get hotter now that Katherine's back! Thursdays at 8 P.M. on The CW, starting September 9.



Z ZIP CODE

90210 gets even hotter this season when the **Kardashians** bring drama to the neighborhood in the very first week back. Mondays at 8 P.M. on The CW, starting September 13.

*Discover the secret
for beautiful hair.*

**The Original
Mane 'n Tail®**

Shampoo

Exclusive formula cleans without stripping and is fortified with moisturizers and emollients leaving hair silky soft and shiny.

Conditioner

Fortifies and nourishes hair and scalp. Keeps hair tangle free, soft and manageable for styling.



Fiction Contest Winner!

Congratulations

2010 WINNER

Johanna Lepro-Green, 20,
is a sophomore
at the University of
Minnesota.



the girl you are



I remember a toilet bowl. Nothing else. Sometimes, when I close my eyes, I can almost see a girl laughing, maybe the blurred image of six sleeping bags arranged in a circle, a stranger at a bus stop calling my name. Yet, just as everything comes into focus, and I smile as I realize I am watching something that once was familiar, a moment that could have been my life, it fades away. And I see it again: a shallow pool of blue water, the outlines of a fuzzy pink cover, white porcelain. I will repeat these images to myself: blue water, pink cover, white porcelain. There are days when I think I see my hands wrapped around the sides, a sliver of a girl with two fingers raw and stinking of bile, but that too disappears. But when I start thinking about other things, almost one year later, I get the colors mixed up and I'll whisper: White water, blue cover, pink porcelain. Then, three years after my recovery, I will be peeing on the same toilet of which I am constantly recalling, though its cover mysteriously went missing a few months ago, and I will say: Black water, black cover, black porcelain. This gives me hope. Perhaps I'm starting to forget. Maybe, I tell myself at night, just

as I am drifting off to sleep, I will see more. Five years later, when I share a bathroom with two other women who have never even owned a scale, and who love to order Chinese food on Sunday nights, I will move my fingers slowly up the curve of my belly, toward my heart. It is as loud as a carnival drum as I close my eyes to see. I expect blue water, pink cover, white porcelain. Instead, I see myself at 4 years old, playing a plastic flute naked on my front lawn. Then I am 11, gingerly placing my dead guinea pig in a shoebox coffin lined with tissues and covered in stickers. Then I am 14, watching the crush I never got to kiss dive into the city pool in his American flag swim trunks. Finally, I turn 16, my lost year. I see what I think is a friend dancing under the illumination of a streetlight. Her fingers seem to catch the stars in the air as she breathes white smoke. She is beautiful. The night is silent as I move closer: a 24-year-old woman with bare feet on a distant winter's night traveling through her own life. The snow crunches beneath my feet, and the girl freezes. She turns slowly toward me. "Hello?"

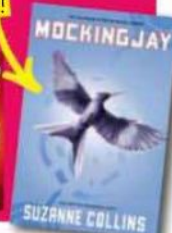
she says, though I can tell I am not really there. Her eyes move slowly down the street before she resumes her dance. There is something in the contours of her face I know, and suddenly I understand. The girl is me. I watch her as I slowly remove my hand from my chest. She doesn't fade away.

Suzanne Collins, author of best-selling *The Hunger Games*, is our special guest judge! The final book in the series, *Mockingjay*, is in stores now!

YOU COULD:

- **WIN CASH!** Score \$5,000 from Scholastic Inc.
- **BE PUBLISHED!** See your story in *Seventeen*.
- **GET INSIDE ACCESS!** Receive a one-on-one phone call and get advice from best-selling author Suzanne Collins!

FOR CONTEST RULES, SEE PAGE 178.



WIN
\$5,000!

Get your story
published—and win cash!
Enter *Seventeen's*
2011 Fiction Contest!

Submit your story at seventeen.com/fiction!

PROMOTION

checkitout!

sweeps • events • promotions

Visit seventeen.com/checkitout for more.

Marshall's "Making the Grade" Sweepstakes!

Getting an A+ in Style101 is easy when you shop at Marshall's this fall. You'll find the hottest clothes, shoes, accessories, and all that you need to make your dorm room fabulous—check out marshallsonline.com to find the store nearest you.

Plus, three lucky winners will each receive a **\$250 shopping spree!**
Go to seventeen.com/marshalls to enter.

Marshall's
NEVER PAY FULL PRICE FOR FABULOUS™



NO PURCHASE NECESSARY TO ENTER OR WIN. MARSHALL'S MAKING THE GRADE SWEEPSTAKES, Sponsored by Hearst Communications, Inc. Go online to seventeen.com/marshalls to enter. Sweepstakes begins at 12:01 a.m. ET on September 7, 2010 and ends at 11:59 p.m. ET on October 18, 2010. Three (3) winners will receive a \$250 Marshall's gift card. Odds of winning will depend upon the total number of eligible entries received. Must be female, 13-24 years old and a legal resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at seventeen.com/marshalls.

Enter the "Campus Beauty Scholarship" Sweepstakes!

This year, it's all about beauty and brainpower, thanks to **NYC New York Color** and **Seventeen**. Together, we are teaming up to provide one lucky winner with **\$5,000** toward a **College Scholarship!** Three runner-up winners will also score a **Seventeen Swag Bag** filled with NYC New York Color cosmetics! Go to seventeen.com/NYCScholarship to enter for your chance to win! See **page 48** for rules and details.

Check out newyorkcolor.com to see all the must-have makeup essentials that will get you on-campus glam without breaking the bank!



NYC
NEW YORK COLOR



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Get clinical results without a prescription, with new **OXY® Clinical**. OXY Clinical® offers breakthrough complexion care, providing pharmaceutical-grade medications and continuous-release technology to treat, heal, and help prevent acne breakouts.

oxyskincare.com

OXY
CLINICAL



Stayfree: Ultra Thins with THERMOCONTROL™ Technology

Inspired by athletic wear, for a whole new level of dry-cool comfort. Only **STAYFREE®** Ultra Thins have THERMOCONTROL™ technology that quickly wicks moisture away like never before. So you stay dry, cool, and exceptionally comfortable.

stayfree.com

Stayfree
Thermo Control



Win a \$500 Shopping Spree from ZENO!

Stop breakouts before they start! **ZENO's New HEAT TREAT Blemish Prevention Kit** is a daily treatment system that destroys 99.9% of acne bacteria in just one hour, preventing new breakouts from forming.

Wish you could buy all the beauty products you want this fall—including HEAT TREAT? ZENO is offering one winner a **\$500 shopping spree to CVS/pharmacy!** To enter, become a fan of My ZENO on Facebook and post "Take me shopping!" on the wall. Winner will be randomly selected.

Visit blog.myzeno.com for more info



PROMOTION



Star Style

This month, check out our Celeb Style Guide with picks from cover models **Ashley Tisdale** & **Aly Michalka**, plus the best new jackets with **Victoria Justice**. And, it's not too late to fill in your Back-To-School wardrobe with great jeans, shoes and more.

Just download it FREE from the App Store™ and get started shopping now!

Shop new looks from **Under Armour**, including hot new hoodies, must-have capris and high-tech trainers. Protect This House®. I WILL.



Available on the
App Store

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Life can be complicated,
skincare shouldn't be.™

Clean Scene is a new, fresh approach
to gentle, effective daily skincare. Now
you can easily enjoy skin that's
balanced and beautiful!



With **antioxidant-rich Yumberry** to neutralize
your skin's worst
enemies.



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Scene**
by Murad®

EXCLUSIVELY AT SEPHORA
and mycleanscene.com

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Clean Scene?**

Tell the whole
world by visiting
mycleanscene.com/spotlight17



seventeen

October 2010

Grab your best friend and jump into this issue! We've got the perfect outfit for every style, secrets to soft glowing skin, and girl gossip with BFFs (and *Hellcats* costars!) Ashley Tisdale and Aly Michalka!

PHOTO: CLIFF WATTS, FASHION STYLIST: LARA BACKMENDER AT KATE RYAN, INC., HAIR: (ASHLEY) RICHARD COLLINS FOR THE WALL GROUP; (ALY) CAMPBELL MCAULEY FOR SOLOARTISTS.COM/CTONICS, MAKEUP: (ASHLEY) SABBINA BEDRANE FOR CHANEL AT TRACEYMATTINGLY.COM; (ALY) MYLAH MORALES FOR CHRISTIAN DIOR BEAUTY AT OPUSBEAUTY.COM, MANICURE: KIMMIE KYEES FOR CELESTINEAGENCY.COM.

Elements of Style p. 140

Ashley & Aly p. 148

The Best Boyfriends in America! p. 154

Skin Superheroes p. 158

Dream Bigger! p. 166

elements of style

A cute outfit is
all in the details.
Use this style guide to
create your perfect look!

photographs by robert diadul

boy/girl preppy

boyfriend oxford

It's tailored without
feeling too girly.

bright bracelets

Keep them stacked
and mismatched for
a personal touch.

jacket

Sizes 0-14, Victoria's Secret
Catalogue, \$128,
victoriasecret.com.

shirt

Sizes XS-XXL, American
Eagle Outfitters, \$40,
ae.com.

jeans

Sizes 1-25, Vigoss,
\$40, alloy.com.

scarf

Aéropostale,
\$20, Aéropostale stores.

bracelets

Ettika, \$46 each, ettika.com.

bag

Aéropostale,
\$37, Aéropostale stores.

shoes

Sizes 5-11, G.H. Bass Co.,
\$69, select Macy's.

red lips

This classic color
makes you look happy.

striped scarf

Wear it super-long
and loose.

saddle shoes

This old-school staple
feels retro cool.



glam bOho

textured braids

Soft and messy
but still pretty.

furry vest

Faux, of course.

floaty layers

Play with lengths for
a carefree feel.

thigh-high socks

Just a little peek of thigh
is sexy, not revealing.

suede heels

Fringe is the perfect
boho accent.

vest

Sizes S-XL, WDNY, \$68,
call 212-395-9309 to order.

tunic

Sizes XS-L, Rampage,
\$49, Macy's.

dress

Sizes S-L, Lulu's,
\$33, lulus.com.

necklaces

Pendant necklace, Lulu's,
\$18, lulus.com; green bead
necklace, A.V. Max, \$148,
avmaxaccessories.com.

bracelets

Tie bracelets, \$24, leather
bracelets, \$33, and stretch
bracelets, \$12 each,
All the Rage,
alltherageonline.com.

belt

Lulu's, \$15, lulus.com.

socks

Hue, \$8, Nordstrom.

booties

Sizes 5-11, Colin Stuart for
Victoria's Secret Catalogue,
\$95, victoriasecret.com.

bold baubles

Think of them as
updated pearls.

messy top knot

It says, "I care,
but i don't."

ruffled dress

A strong color feels sweet
when it's flouncy.

swiss-dot stockings

Instant French chic!

patent flats

So classic, Audrey
Hepburn would
approve.

cardigan

Sizes S-L, Lulu's,
\$46, lulus.com.

dress

Sizes S-L, Ark & Co.,
\$62, lulus.com.

necklace

Mixit by JCPenney,
\$20, JCPenney.

bracelet

Urban Original, \$6,
urbanog.com.

bag

BCBGeneration,
\$128, baghaus.com.

tights

Hue, \$8, Bloomingdale's.

shoes

Sizes 5-12, Nine West,
\$79, zappos.com.

french girly

shirt

Sizes XS-XL, Aéropostale,
\$43, Aéropostale stores.

pants

Sizes XS-XL, Adidas
Originals, \$55,
shopadidas.com.

hat

JCPenney, \$15, JCPenney.

scarf

L.L.Bean Signature, \$49,
llbeansignature.com.

necklace

Lulu's, \$12, lulus.com.

bag

Kipling, \$78,
kipling-usa.com.

boots

Sizes 5-10, Emu Australia,
\$144, emuaustralia.com.

loose braid

Second-day hair never
looked so pretty!

plaid shirt

Tucked in = less sloppy.

shiny messenger

A sporty staple
with a glam twist.

slim sweats

Neon makes
them more fun!

shearling boots

Pull them on without
socks—you're snugly and
out the door fast.

cozy
SpOrty

**smoky
eyes**
The only makeup
you need.

**sparkly
chains**
Take a soft tank to
the next level.

layered vests
Think dark colors and
trim shapes.

modern roCker

gray vest

Sizes S-L, Mustard Seed,
\$36, lulus.com.

black vest

Sizes XS-XXL, Attention,
\$20, Kmart stores.

tank

Sizes XS-L, Paper Hart,
\$40, boutiqueyou.com.

jeans

Sizes 2-16, Allen B by
Allen Schwartz, \$29, JCPenney.

necklaces

Short necklace, American
Eagle Outfitters,
\$20, ae.com; long necklace,
Ben-Amun by Isaac Manevitz,
\$95, ben-amun.com.

bracelets

Diana Montenegro, \$53 each,
dianamontenegro.com.

ring

H&M, \$4, H&M stores.

booties

Sizes 6-10, A.n.a. by JCPenney,
\$80, JCPenney.

**ripped
jeans**
Shredded subtly,
not slashed.

booties
The studs are a must.



pick up the pieces

Put your own spin on these looks with these little must-haves!

boy/girl preppy



shirt
Sizes XS–XL, DKNY
Jeans, \$49,
zappos.com



lipstick
MAC Cosmetics Lipstick
in Lady Bug, \$16,
maccosmetics.com



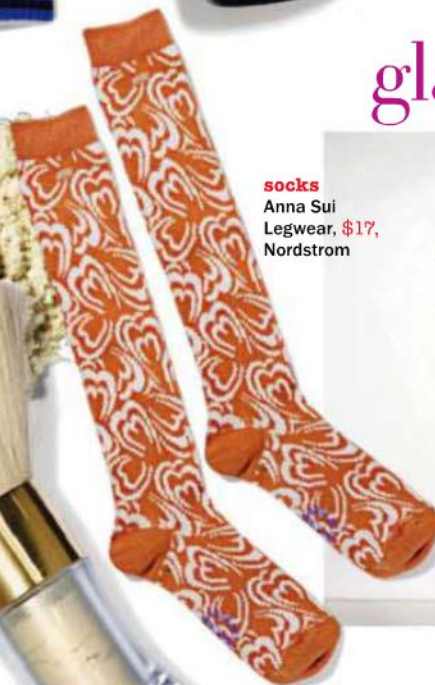
shorts
Sizes 00–18, American Eagle Outfitters,
\$55, American Eagle Outfitters stores



vest
Sizes S–XL, Bongo,
\$24, Kmart stores.
top
Sizes XS–XL, O'Neill,
\$26, oneill.com.



body powder
Victoria's Secret Dream
Angels Heavenly
After-Bath Shimmer
Powder, \$25,
victoriasecret.com



socks
Anna Sui
Legwear, \$17,
Nordstrom

glam boho



french girly

perfume

Chloé Eau de Toilette,
\$65 for 1.7 oz.,
department stores



dress

Sizes S-L, Minuet, \$43,
amiclubwear.com.

necklaces

Short necklace, Joia,
\$10, amiclubwear.com;
long necklace, Lulu's,
\$16, lulus.com.



clutch

Forever 21, \$18, select
Forever 21 stores



skirt

Sizes XS-XL, Material Girl,
\$26, Macy's



silver bangle

Lulu's, \$16, lulus.com



black bangle

Lulu's, \$12, lulus.com



eyeshadows

Tokidoki Cromatic
Eyeshadow in Samba
and Bruttino, \$15
each, Sephora stores

modern rocker



sweatpants

Sizes XS-L, Divine
Wear, \$58,
divine-wear.com



hat

Dakine, \$20,
dakine.com



perfume

Clean Outdoor Shower
Fresh Eau de Parfum,
\$69 for 2.14 oz.,
Sephora Stores



cozy sporty



ashley & aly

Don't expect to see the claws come out. These Hellicats are really just kittens at heart.

by holly eagleson

photographs by cliff watts

It was girl crush at first sight when Ashley Tisdale and Aly Michalka met in a Los Angeles acting class almost 10 years ago. "I thought Aly was the cutest girl in the world," says Ashley, 25. Aly, 21, remembers, "I thought Ashley was so cool and so hip!" But their busy work schedules didn't give them time to hang out: Ashley went on to play Sharpay in the mega-successful *High School Musical* series, and Aly formed the platinum-selling pop group Aly & AJ with her sister, Amanda.

But now fate has given them a second chance at forming a real friendship: They both landed starring roles on the new

CW show *Hellicats*, a story about college cheerleaders, premiering September 8. On the show, they play frenemies—but off-camera, they're super-close. They're next-door neighbors in Vancouver, British Columbia, Canada (where they film the show), and they shop and work out together—even their dogs have play dates! Plus, they have epic girl talks: Aly turns to Ash for love advice—after all, she's been dating video director Scott Speer for 18 months; and Ashley relies on Aly for her style tricks. For some friends, being connected 24/7 would get tiresome, but these girls feel lucky to be facing this new chapter in their lives *together!*

ON ASHLEY: Top,
213 Industry; skirt,
Nanette Lepore; earrings,
Ben-Amun by Isaac
Manevitz; belt, BCBG
Max Azria; metal
bracelets, Dannijo; wrap
bracelet, Linea Pelle;
watch, La Mer; shoes,
Report Signature.

ON ALY: Tank, LAMade;
vest, Love Sam; pants,
Spring & Clifton; cuffs,
Treesje; necklace, Maya
Brenner; boots, Pour la
Victoire.





“
I’m past the whole
high school
he-said/she-said stuff.”

ON ASHLEY: Cardigan,
Rebecca Taylor; dress,
Whitney Eve.

ashley tisdale

Her priorities: Work hard, be nice, and crack jokes until everyone's laughing.

17: You play a type A cheerleading captain on *Hellcats*. Were you ever a cheerleader?

AT: No, I tried cheering when I was younger, but I was never too involved in it because I was really shy and uncoordinated. It's taken me a long time to get to where I am as a dancer. But I was so nervous when I was screen-testing for *Hellcats* because cheering is a lot different from dance.

17: Cheerleaders can be pretty competitive—so can actresses. Are you competitive?

AT: I'm actually not. I *am* driven, but even when I'm auditioning for stuff, I want the best for everybody who auditions. My mom taught me to be friends with everyone. You're with these people all the time on auditions—why not be friends? If you're meant to get something, you're going to get it. If you're not, then you're really not meant to be doing that role.

17: How do you deal with that kind of pressure?

AT: I live by the quote "What matters most is not reward, praise, or pride. What matters most is that, at the end of the day, you tried." *Hellcats* was a crazy test for me because everybody knows me as this larger-than-life Sharpay character, and I had to *prove* that I could do this differently. And I knew that as long as I'm the best that I can be in the audition, that's what matters.

17: Does it bother you when people stereotype you?

AT: I'm past the whole high school he-said/she-said stuff. I'm definitely the type of person who, if you're saying something about my family or friends, will confront you. I'm not someone who will beat around the bush. But otherwise, I just try to block it all out.

17: Do your friends ever have to defend you?

AT: Vanessa [Hudgens] is just such a great friend. Like recently, we were at a premiere and I saw a reality star who I thought was really cool. I'd watched her show; so I was so excited. But she wasn't nice to me when I met her. All I really wanted to do was take a picture. So Vanessa stood up for me—she confronted her and was like, "Hey, Ashley's actually a really big fan." She

is one of those girlfriends who has your back. I love that about her.

17: What do you look for in a boyfriend?

AT: In high school, it was all about popularity, being with the boyfriend and all the girls thinking he's cute. Now, I am more into a guy's personality. I like someone I can have fun with and who can be more laid-back than I am, because it calms me down. At the same time, I want to be with someone who wants to work as much as I do and who respects me like I respect him.

17: Do you have any love rules you live by?

AT: I'm old-fashioned. He definitely has to call me after the first date. And I think that you should play hard to get at first. You're not just going to be there

for every phone call. But when I really like somebody, I drop the whole "playing games" thing. People respect people who are honest about their feelings. But sometimes I'm *too* honest!

17: Do you ever worry that kind of honesty will push guys away?

AT: No. I can only be myself. That person has to love you for who you are and everything that you are. I am not fake. I know who I am. At the end of the day, I just want to be a good person. I'm not trying to be perfect.



ON ALY: Top, Wildfox.
ON ASHLEY: Top, J. Crew.

aly michalka

She keeps everyone guessing: sweetly demure one second, mega-assertive the next.

17: Are you excited to be working with Ashley?

AM: Yes! Once this show happened, we were like, “Oh, my gosh, this is total reunion time. We’re meant to be best friends and see each other every day.”

17: Do you think you are a lot alike?

AM: I think we’re a really good mix, because I’m more of a tomboy than Ashley is, so we balance each other. We’re so much on the same page when it comes to our lifestyles and the way we conduct ourselves in public. And she’s very nurturing, so we can trust each other with secrets. I got really bummed out on set during the pilot over a guy. She could tell that I was sad at rehearsal, so she pulled me over to talk about it.

17: What advice did she give you?

AM: Just not to put up with this guy’s crap, which is awesome because she’s a really strong girl when it comes to that.

17: Are you dating anyone now?

AM: I’m not—I *wish*. I’m so ready to have a boyfriend. I just need to find that guy who’s worthy of committing myself to, because I’m not your average girl. And I think a lot of guys are intimidated by girls who know what they want. I still live at home when I am in L.A., I’m really close to my family, I have a busy life, and I’m super-close to my sister—so basically if you date me, you date her. And he’s either into it or he’s not.

17: Is your sister your best friend?

AM: Our bond as sisters is so strong—we’ve always talked about how no relationship, no job, no heartbreak

is ever going to tear us apart. We even renamed our band 78violet because violet is such a strong color—and on the periodic table of elements, the 78th element is platinum, which can’t be corroded.

17: Is it hard for you to live apart from your family?

AM: Leaving my family to go shoot the show in Vancouver is a big risk. I’ve *never* been away from my family, I’ve never lived on my own—so this is a huge life experience for me.

17: Faith is also something that has always been important to you. How does it affect your career choices?

AM: My faith is definitely a big part of my life, but not part of my career. It is something that guides me. But I feel like when you make a declaration of your religion, people automatically go after you when that purity ring comes off. So I don’t want to set myself up for that kind of judgment.

17: But have you ever tried to shed your good-girl image?

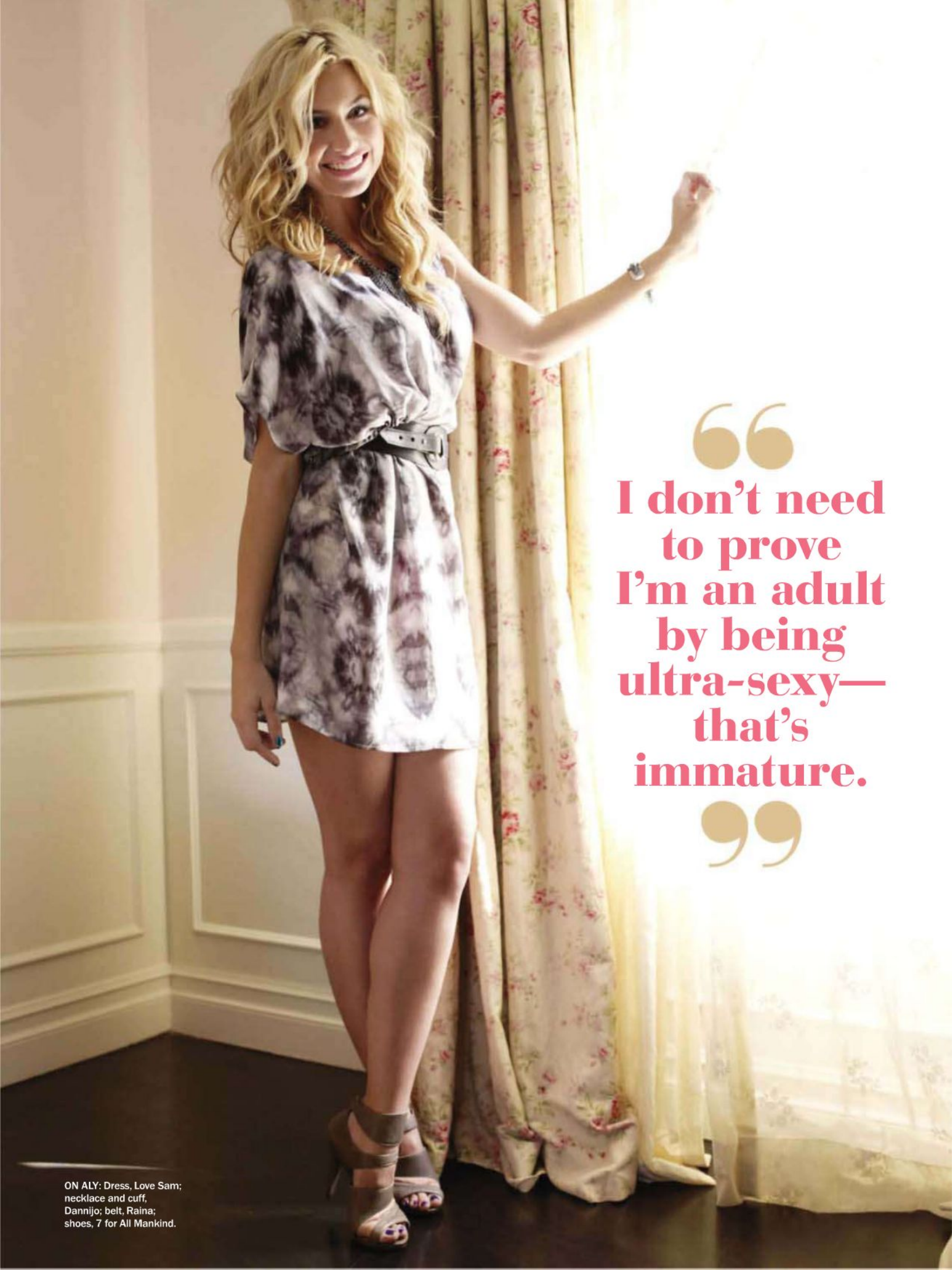
AM: I don’t need to grow up super-fast or prove that I’m an adult by being ultra-

sexy. That’s immature, when you think about it. Being mature is growing up gracefully.

17: Did you always feel that confident?

AM: I feel like when I turned 15, I knew who I was. I knew what I believed in, I knew what kind of career I wanted to have, what kind of music I wanted to make, what kind of style I liked to dress in. I feel really blessed not to have to go through that stage of insecurity of not knowing who I am. I’ve always felt really sure of myself. **17**





“
**I don't need
to prove
I'm an adult
by being
ultra-sexy—
that's
immature.**
”

ON ALY: Dress, Love Sam;
necklace and cuff,
Dannijo; belt, Raina;
shoes, 7 for All Mankind.

Curtis is the winner of *Seventeen's* 2010 Best Boyfriend in America Contest!

#1

Curtis, 18, Scottsdale, AZ

The Support System



"When my dad got cancer, Curtis kept me on track—making sure I went to class, helping me study, even bringing me my fave foods. Curtis says if you can't be with someone at their worst, you don't deserve to be with them at their best. It made me feel so safe to know that I could always lean on him—like everything was going to be all right."

—his girlfriend, **Lysandra, 19**

the best boyfriends in america!

You've spent hours dreaming about the perfect guy—the one who melts your heart with his smile or can make you laugh with his quirky sense of humor. These 10 guys—who beat out *thousands* of others in our Best Boyfriends contest—are proof that he's out there!

by **holly c. corbett**

sweet fact:

The day they met, Curtis asked for Lysandra's hair tie. When she gave it to him, he put it around his wrist—and hasn't taken it off since!



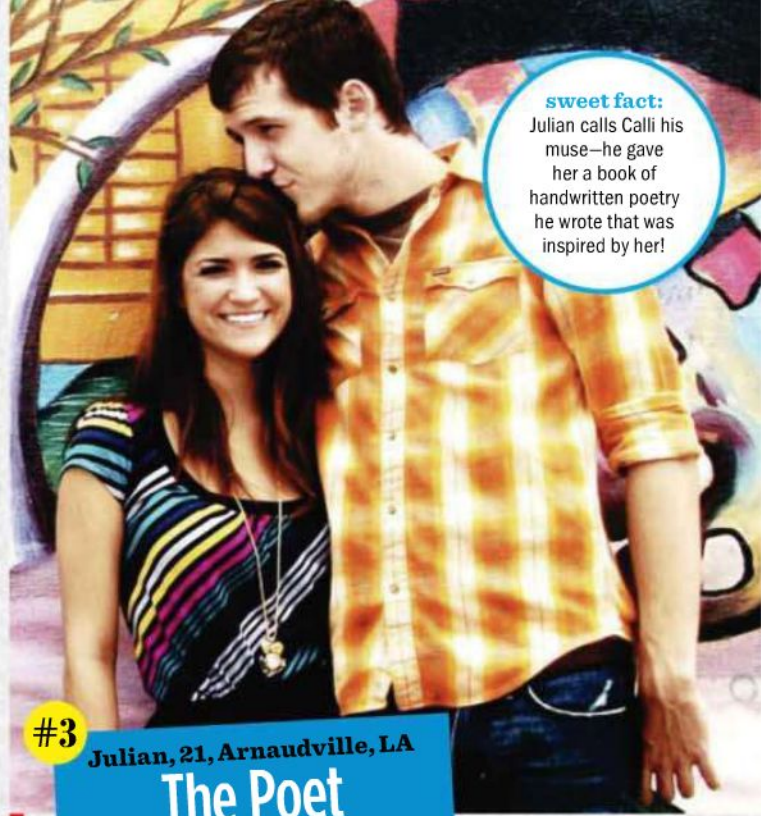
sweet fact:
James knows Meghan loves to ride horses—so he once planned a date to her old summer camp where she used to ride as a kid.

#2 James, 20, Dewitt, MI The Fun One



"We've been dating for almost three years—but he never lets things get boring. He'll pick me up and take me to an amusement park—just because! He doesn't save all the attention for a special occasion—he does those sweet little things every single day."

—his girlfriend, Meghan, 18

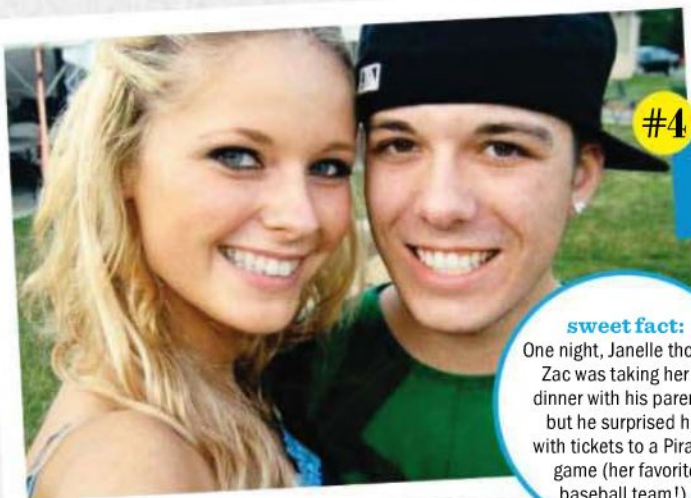


sweet fact:
Julian calls Calli his muse—he gave her a book of handwritten poetry he wrote that was inspired by her!

#3 Julian, 21, Arnaudville, LA The Poet

"I knew Julian would be the best boyfriend, because when we first got together, he wasn't afraid to be vulnerable. It's hard for some guys to open up, but he'd tell me stuff that he wouldn't tell anyone else, like how he'd been hurt by girls in the past. And he even let me read his poetry—it was like seeing into his real feelings. So I wasn't nervous to let him know my secrets and get close to him."

—his girlfriend, Calli, 20



#4

Zac, 21, Pittsburg, PA Mr. Nice Guy

sweet fact:

One night, Janelle thought Zac was taking her to dinner with his parents, but he surprised her with tickets to a Pirates game (her favorite baseball team!).

"What I love most about Zac is his forgiveness. Like if we have a fight, he'll say, 'Let's sit here, listen to each other, and work this out.' And we always do. He's shown me that it pays to go for the nice guy—and stop wasting my time with the bad-asses!"

—his girlfriend, Janelle, 19

Is your guy Best Boyfriend material?

The Best BFs explain the sneaky ways to tell if the guy you like is worth your time.

✓ He doesn't hide anything!



"When my ex kept texting me, I told my GF, Mimi, about it instead of hiding it from her. Then I changed my number so my ex couldn't reach me, because I wanted to show Mimi that no one would ever come between us!" —CHRIS

✓ He treats others well!

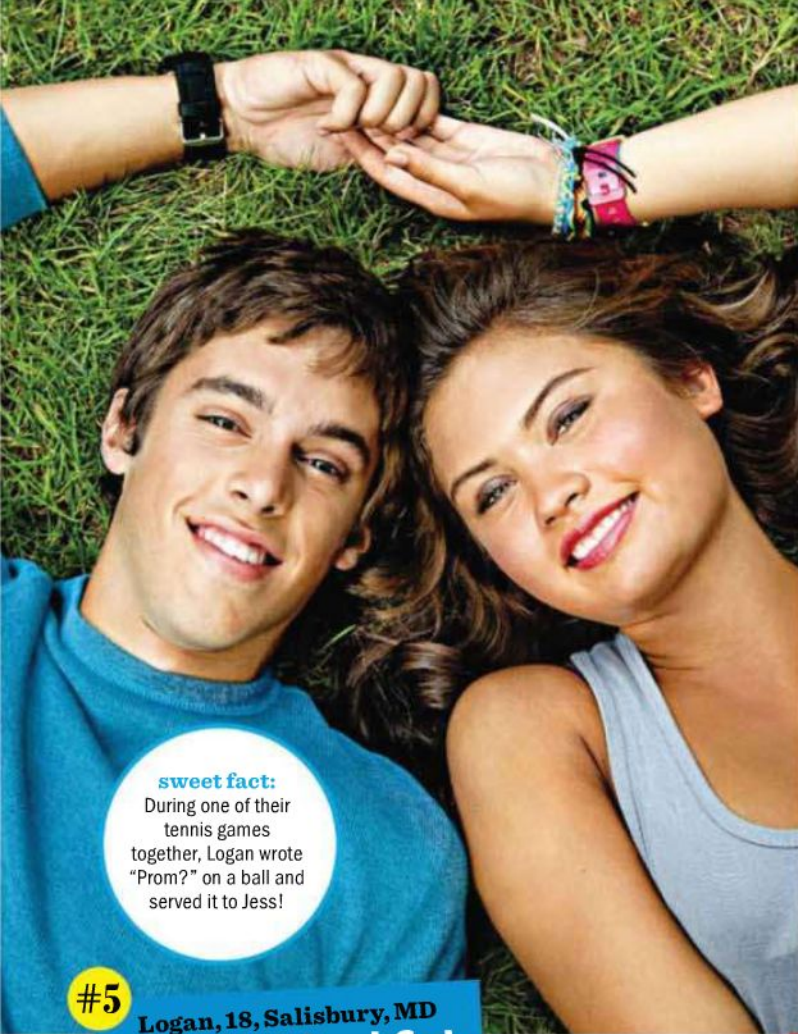


"If a guy isn't nice to everyone, from his friends to strangers—even his mom—he's just putting on a front when he's nice to you. Katie likes that I take other people's feelings into account." —KYLE

✓ He shares your beliefs!



"You have to be on the same page and make sure you both have the same morals. Madie and I are both really spiritual, and we met through a friend at a church event. Because we have the same faith, we can really open up to each other and talk about anything." —RYAN



sweet fact:

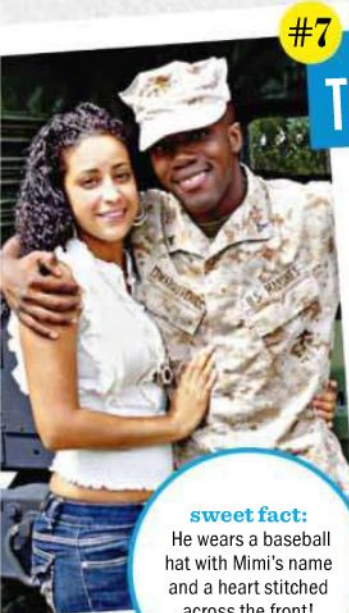
During one of their tennis games together, Logan wrote "Prom?" on a ball and served it to Jess!

#5

Logan, 18, Salisbury, MD

The Matched Set

"We play mixed doubles against each other in tennis—but instead of getting competitive with me, like some guys do, he cheers me on! I love that he supports me no matter what—even when I'm kicking his butt!" **—his girlfriend, Jess, 18**



#7

Chris, 21, Camden, NJ

The Sensitive Soldier

"Chris is in the Marines, and it's so important that he's fighting for our country. But even with all his duties and travel, he still takes the time to make me feel important. Like one night, I called him in the evening when I knew he was done with training—but he didn't answer, which I thought was weird. The next thing I know, he's walking toward my back porch with flowers! He'd come home six weeks early and surprised me!" **—his girlfriend, Mimi, 18**

sweet fact:

He wears a baseball hat with Mimi's name and a heart stitched across the front!

#6

Kyle, 19, Aloha, OR

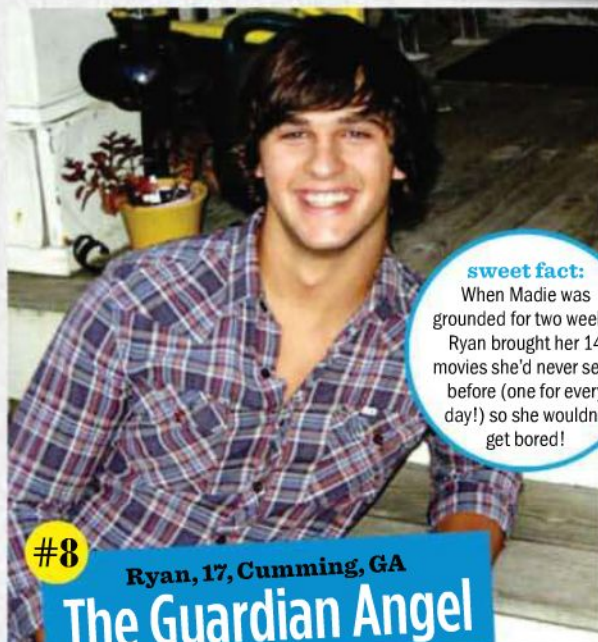
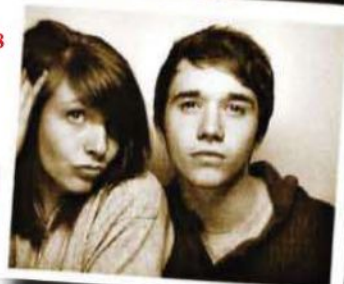
The Best Friend

"For our one-year anniversary, we decided to make each other gifts instead of buying them. Kyle made me two canvas paintings: one of him speaking into a tin can phone, the other of me listening with the words *I love you* coming out of the can. I couldn't help but cry when I saw them. He's just the most thoughtful person."

—his girlfriend, Katie, 18

sweet fact:

Kyle goes shopping with Katie at vintage stores—she says he always picks out the perfect stuff for her!



sweet fact:

When Madie was grounded for two weeks, Ryan brought her 14 movies she'd never seen before (one for every day!) so she wouldn't get bored!

#8

Ryan, 17, Cumming, GA

The Guardian Angel



"Ryan and I had been dating for four months when one of my best friends died. Instead of being weird or backing off because he didn't know what to say, Ryan took me to the cemetery and would sit with me while I visited my friend. It meant so much that he was there for me." **—his girlfriend, Madie, 16**

sweet fact:

For Christmas, he left presents on Rachelle's doorstep—for her and her parents! She said it scored him major points with them!



#9

Paul, 17, Granada Hills, CA

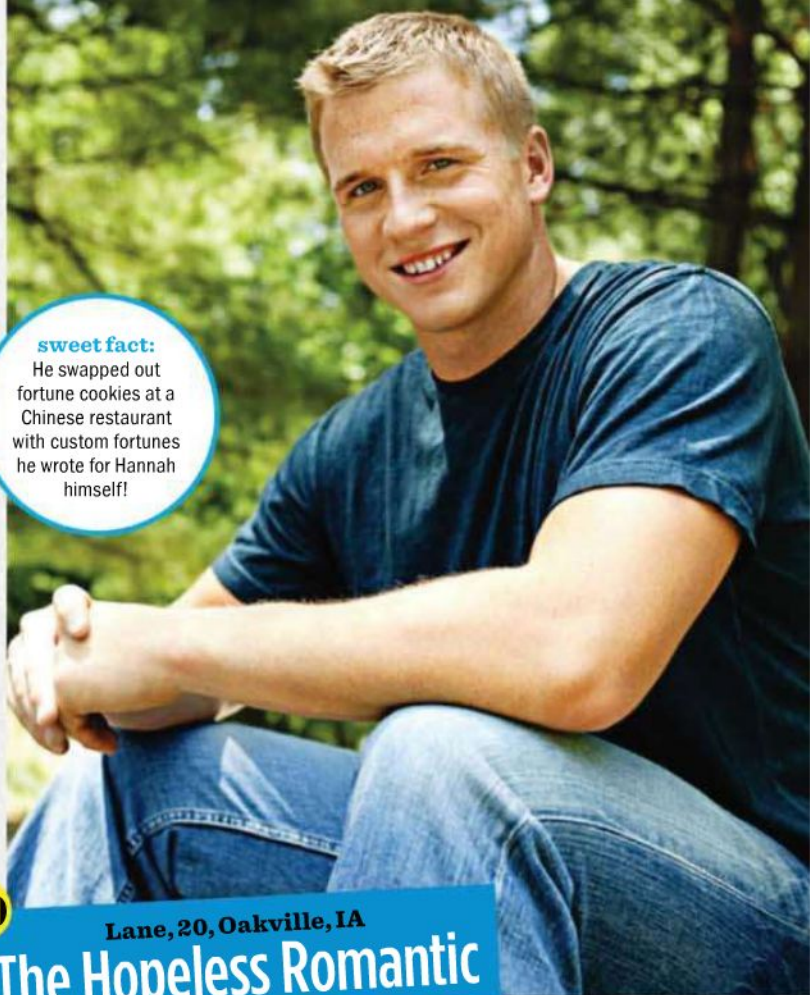
The Romeo

"Even though my family disapproved of him because of cultural differences—Paul is Korean, and I'm Filipino-Chinese—he just wouldn't give up trying to win them over. Instead of acting angry, he stayed respectful by making a point of hanging out with my family and getting to know them too."

—his girlfriend, Rachelle, 17

sweet fact:

He swapped out fortune cookies at a Chinese restaurant with custom fortunes he wrote for Hannah himself!



#10

Lane, 20, Oakville, IA

The Hopeless Romantic

"Any guy can send his girlfriend flowers, but not every guy can show her why he loves her. For Valentine's Day, Lane figured out every place I would be—from my bedroom to my car to work—and left a note at each place describing one thing he loves about me. The rose attached to each note didn't hurt either!"

—his girlfriend, Hannah, 19



WWTBFsD?

Need advice on your love life? Ask yourself, What Would the BFs Do?

Q: "My BF of more than a year still hangs out with his friends way more than he does with me! What do I do?"



A: "Guys aren't mind readers! You have to say something like, 'It really bothers me that you're always at your friends' house.' If he really cares, he'll make an effort to change things because he'll want you to feel important." —CURTIS

Q: "My BF is going away to college, but I'm still a junior. I'm afraid he's going to meet another girl. Help!"



A: "Try not to worry about what *might* happen—focus on having fun with him now. Jess and I are going to school two hours apart, so I try to just enjoy the time we have together." —LOGAN

Q: "I want to surprise my boyfriend by doing something really sweet that he'd never expect. Any ideas?"



A: "Pay attention to the things your guy likes that he might not make a big deal about. Hannah surprised me for our two-year anniversary with a picnic. She served tuna salad sandwiches—my favorite! It was really thoughtful." —LANE

Ask the Best Boyfriends your love questions—and read more of their romantic stories!—at seventeen.com/bestbfs.

You voted him Fan Favorite!

READERS' CHOICE!

Kyle, 19, Womelsdorf, PA

The Super-Fan



"Kyle constantly puts me first! One time he showed up at my work before I was done and scraped all the ice off my car so I wouldn't have to do it. Or he'll blow off his plans and come watch my volleyball games—even though my team is horrible!"

—his girlfriend, Lacy, 18

A SWEET PRIZE
(FOR SOME SWEET GUYS):

The Best BFs each scored PacSun shopping sprees!

PACSUM

SKIN

superheroes

**When your skin needs
to be rescued, these amazing new
products will save the day!**

photographs by kate powers
by yesenia almonte



MASKED **avenger**

When your pores are clogged with grease and dirt, you need a purifying clay mask with salicylic acid to obliterate the deep-down gunk.

It unclogs pores and erases acne marks to give you brighter and clearer skin.



FLAW fighters

Chew on this: Foods and vitamins high in antioxidants (like these multivitamin gummies!) protect your skin from enemies in the environment that can zap your glow.

brilliant
BALANCER

Sometimes you're slick; sometimes you're parched. But using a multitasking moisturizer all over—one that hydrates where you're dry and sops up oil where you're not—keeps your skin breakout-free.

SUPER *scrubber*

A body wash that contains
alpha hydroxy acids, like glycolic
and lactic acid, will
smooth bumpy rough patches
anywhere on your bod.





BAG
blaster

Look wide-awake, even if you've been up all night. Eye creams with cucumber, caffeine, and melon help depuff the eye area, making you less sleepy-faced.

Fashion Stylist: Annebet Duvall. Hair: David Cruz for Redken/Cutler NYC at Raybrownpro.com. Makeup: Rebecca Restrepo for CoverGirl at The Wall Group. Manicure: Kim Chiu at Mark Edward, Inc. Still Lives: J Muckle/Studio D.

FIVE

the fantastic

Pick a powerhouse product from each of these categories and get ready to glow!



masked avenger



flaw fighters



This single-serving mask warms up as you apply it to open your pores and get out the gunk that causes breakouts.

try: Bioré Self-Heating Mask, \$6, drugstores

If your skin is dry but you're still breaking out, this mask is for you—the kaolin clay eliminates dirt and oil, and the cocoa butter hydrates.

try: Freeman Feeling Beautiful Chocolate & Strawberry Detoxifying Facial Clay Mask, \$4, drugstores



This glossy black peel-off mask with vitamin C helps draw out bacteria from your pores and brighten uneven skin tones.

try: Boscia Luminizing Black Mask, \$34, sephora.com



Don't be fooled—these sweet treats are chock-full of vitamins, minerals, and nutrients. Eat six per day to make your skin really glow.

try: Borba Skin Balance Gummi Bear Boosters, \$13 for a jar of 60, borba.com

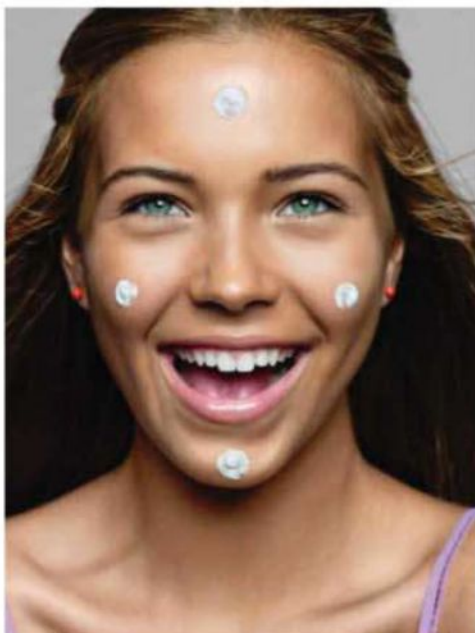
Add this to your favorite drink and let antioxidants, goji berry, green tea, and white tea extracts work their skin magic from the inside out.

try: Glowelle Natural Raspberry Jasmine Flavor Powder Stick Pack, \$28 for a seven-day supply, glowelle.com

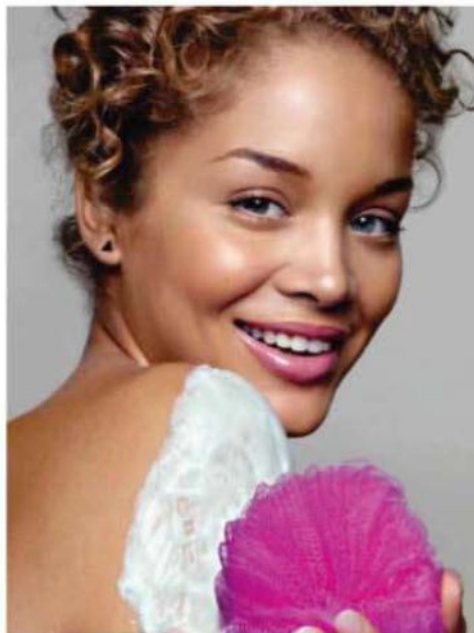


Blueberries are loaded with antioxidants and vitamin C to make your skin crazy bright. Add one dropper full to a glass of water.

try: Dr. Brandt Blueberry Anti-Oxidant Water Booster, \$35, sephora.com



brilliant balancer



super scrubber



bag blaster



Salicylic acid exfoliates skin to unclog pores, and hyaluronic acid helps your skin retain the moisture that it needs.

try: Oxy Clinical Hydrating Therapy, \$8, drugstores



This scrub is blended with alpha hydroxy acids and buffing beads to smooth away the bumps.

try: Dermadoctor KP Duty Dermatologist Body Scrub \$44, dermadoctor.com

The cucumber in this gel relieves puffiness, and the light-reflecting tint brightens tired-looking eyes.

try: Per-fékt Eye Perfection Gel, \$45, sephora.com



This soothing serum has caffeine, which improves circulation around your eyes (so you look awake even after a string of tired nights!).

try: Clinique All About Eyes Serum, \$26, clinique.com

An eye cream that contains a special antioxidant called carotenoids protects against environmental stressors (like pollution) that lead to dry, puffy eyes.

try: Super by Dr. Nicholas Perricone Bright Eyed, \$50, sephora.com



A toner made with lemongrass, meadowsweet, and geranium works to normalize oil glands in overdrive without overstripping your skin.

try: Carol's Daughter Wash Away the Oil Gentle Face Toner, \$20, sephora.com

The silicone in this lotion absorbs oil and gives your skin a powdery look while drawing moisture in.

try: Clean Scene by Murad Begging for Balance Moisturizer, \$22, Sephora stores



A glycolic acid-infused body wash helps smooth the rough skin on the back of your arms and legs.

try: Glytone Exfoliating Body Wash, \$24, dermstore.com



The lactic acid in this yummy guava gel helps dissolve dead cells, giving your skin a smoother look.

try: Korres Guava Showergel, \$20, Sephora stores



17 EXPERTS: Macrene Alexiades, M.D., a dermatologist in New York, NY; Monica Halem, M.D., a dermatologist for Columbia University in New York, NY.

1 dream big

Want to know a secret? Every woman who has done amazing things was once a girl like you, with big goals that seemed so far out of reach. Here's how to imagine the most awesome possibilities for yourself, and what you can do now to make any dream come true!

by holly corbett

photographs by kwaku alston

GO GIRL!

You're a girl with a dream. You might not even know exactly what it is yet, but you just have a feeling that there's something *big* out there for you. In your heart, you know that you're going to be someone *amazing* and do something *awesome*. But it's weirdly hard to talk about your dreams, isn't it? Like, if you admit how badly you want it, it will go away—or worse, someone will criticize you for it. So often girls settle for what they *think* they can achieve rather than going for the huge dream they *know* they want. This is the guidebook for every girl who has ever wanted her dream so badly but had no idea how to make it happen. Start by asking yourself this question: If you had the chance to talk to a woman who has done everything you've ever wished you could do with your life—and more—what would you say? Four *Seventeen* readers got the chance to interview their idols for the secret to how they made their teenage dreams even bigger, so we can all learn how to make *our* dreams come true!

MEDIA MOGUL

It's hard to imagine that a woman as fierce as **Tyra Banks** was ever a shy 17-year-old with dreams of being *behind* the camera in TV production. It's true! But that dream was put on hold when Tyra started modeling that year. Of course, she loved the glamour of the clothes and the photo shoots, but for her, this was *work*. Tyra perfected her own walk by watching tapes of established models, and she spent hours memorizing the names of stylists and photographers to make sure she was always in the know. Her studying paid off: She walked runway shows for the biggest designers, became a famous Victoria's Secret model, and was the first black woman on the cover of *Sports Illustrated's* Swimsuit Issue. But she had always held on to the dream of being a TV producer. So Tyra created *America's Next Top Model* and her own daytime talk show. Now she's dreaming bigger again with new TV shows, books, and Web projects. Her ultimate dream? For every girl to realize that beauty comes from within.

That message has inspired **Catherine, 19**, from Pacific Palisades, California, to go after *her* dreams. When Tyra told the world to "kiss her fat ass" after unflattering photos of her appeared in the tabloids, Catherine knew she'd found her role model. "By standing up for herself, she stood up for women everywhere," says Catherine. "I want to use film and television to have that kind of impact on women."

Catherine: Who first inspired you to go after your dreams?

Tyra: My mother taught me to never take no for an answer. She's been through a lot, but she perseveres. If someone slams the door in your face, go through the window. If the window is locked, go through the back door. If the back door is closed, climb on the roof and find your way in through the attic. There is a way to your goal. Just figure out how to get there.

Catherine: Did you have a role model?

Tyra: I looked up to Cindy Crawford and Claudia Schiffer—especially when I realized they ran their careers like corporations. I'll

never forget reading an article that said Cindy Crawford had offices. I told myself, "I need *headquarters!*" I used my brother's bedroom as an office when he moved to college. When I got my own place, my office was in this closet-size room. I was so excited when I moved it from my house to a real place. I could get in the car and go to the office. I felt like I'd *made* it.

Catherine: What was the moment you realized you wanted to do more?

Tyra: I loved the glamour of modeling, but I also knew that I couldn't do it forever. The last year of my modeling career, I was on this big tour across the country. I looked at my surroundings and the other models, and thought, I'm meant to do more than this. I said to myself, It's time to use my image to give back. I stepped off the bus at this big event in Las Vegas with lights and cameras and the crowd screaming my name. It was almost like the first day of the rest of my life, realizing that it wasn't about *me* anymore, and that I needed to start using this grandeur to help other girls.

Catherine: How can a girl figure out the difference between a dream that's achievable and one that's a fantasy that will never happen?

Tyra: By being honest with yourself. I wanted to be a singer, but I couldn't really sing. I wanted it so badly, and I did everything to make it happen, but it was my fantasy. My true calling was TV production—creating shows and being a businesswoman. That's what my heart and soul has wanted to do since I was 9 years old. The day that I came up with *America's Next Top Model*, I knew that I had discovered my true journey. It's what I'm *supposed* to do. You have to know who you are and find your strengths, and work as hard as you can to develop them.

TYRA'S DREAM BIGGER TIP

"Find a mentor. Don't be afraid to approach people in your chosen field and say, 'Can I shadow you for a day? Will you be my mentor?' They'll be so flattered that they'll be happy to help."

"When I was 17, I was awkward and easily intimidated. I would tell myself not to shrink in the face of intimidation, and always to be yourself."
-TYRA BANKS

TYRA'S DREAMLINE



At 17, first walked the runway in Paris, booking a whopping 25 shows!

1990

Became well-known Victoria's Secret model and appeared on *Sports Illustrated's* Swimsuit cover.

1997



Wrote her first book, *Tyra's Beauty Inside and Out* (and was on the cover of *Seventeen*!).

1998



Created America's *Next Top Model* and started Bankable, a media production company.

2003

The Tyra Banks Show premieres and runs for five seasons until 2010.

2005



Wins the first of two Daytime Emmy Awards for *The Tyra Banks Show*.

2008



Partners with Demand Media to launch an online fashion & beauty platform later this year. Announces her fiction series, *MODELLAND*, out in 2011.

2010

MEGA BRAND

Most people would look at the dress on the next page and think, That's a gorgeous peach gown. But if you ask **Rachel Zoe**, she'd tell you it's the tiered blush silk organza Atelier Versace gown from the Spring 2008 collection that Demi Moore wore to the 2010 Oscars. It's that laser focus on detail that separated Rachel from the rest of the fashion-loving pack and propelled her from an assistant's job at a magazine to styling celebrities like Kate Hudson and Anne Hathaway to being the designer behind a new fashion collection coming out in fall 2011. And while it's the drama and celebrity that make people tune in to her TV show, *The Rachel Zoe Project*, for Rachel herself, it's *all* about the clothes.

Kendall, 21, of Wilmington, Delaware, has her own laser focus—on Rachel. “I subscribe to her online newsletter, *The Zoe Report*; I’ve read her awesome book, and I love watching *The Rachel Zoe Project*,” says Kendall. “To say she’s a great stylist is an understatement. She’s the best there is.”

Kendall: Who or what first inspired you to make a career out of fashion?

Rachel: When I was your age, I actually didn't know what a stylist was. I was obsessed with fashion, but I didn't think it was a realistic goal. Getting a job as a fashion assistant at a teen magazine showed me that dressing women could be a career. It snowballed after that because I wanted to be challenged more. I'm really obsessed with beauty in general and want to be a part of creating that image in any way that I can.

Kendall: How did you set yourself apart?

Rachel: When I got the fashion assistant job, I went to work and wouldn't leave the office. My dad called me to see how it was going, and I said, “I would do this for free for the rest of my life because I cannot imagine doing anything else.” I worked my butt off, day and night tirelessly for very, very little money. I was hired to work only three days a week, but I worked seven. I would go in on weekends. I gave it every second of my life.

Kendall: How can girls set themselves apart to achieve their dreams?

Rachel: The more you stay focused, the more you prove to people that you're good at your job. When you find something you love to do, success will come because you'll enjoy it so much that you'll work that much harder. You'll want to put your whole self into the thing you love, and nothing else will seem to matter as much as going after it—even the stuff you'll miss out on when working toward your dream. I've missed birthday parties and things in my personal life, but I think it was worth it. There are going to be a lot of sacrifices along the way. Just don't lose patience, don't give up, and don't take a job that you don't like—you'll ultimately resent it.

Kendall: Going after a big dream can be overwhelming. What are some things girls can do to even get started?

Rachel: If you think about *everything* you have to do to get to the end point, you'll feel overwhelmed and scattered. Focus on the first step. If you're from a small town, go to school in a city that has the opportunities you want to be a part of. I have a friend from a town in Kansas with a population of, like, 100 people, and now she's a superstar producer because she went to school in L.A. and made connections. Do whatever you can in your own situation, even if it means being a personal shopper at the best store in your town.

Kendall: What do you wish someone had told you that you eventually learned on your own?

Rachel: Every girl needs to know that going after a dream is part fantasy and aspiration, but it's also a lot of work. It's not as glamorous as everyone thinks. There are blood, sweat, and tears, but if you love it that much, it's all worth it.

RACHEL'S DREAM BIGGER TIP

“Channel each of your successes into even **bigger success** by figuring out how you can branch out. I'll look at *The Rachel Zoe Project* and think, What's next? I want to do a scripted version. Never say, ‘Okay, I'm done.’”

*"Even in high school, I was
always the most overdressed
person in the room . . .
I think the stars shine on
people who stand out."*
—**RACHEL ZOE**

RACHEL'S DREAMLINE

Graduated from
George Washington
University with
psychology and
sociology degrees.



Became a fashion assistant
at teen magazine YM,
then went freelance to
dress young pop stars like
the Backstreet Boys.

Moved to L.A. to begin
styling Hollywood
actresses like Kate
Hudson, Keira Knightley,
and Cameron Diaz.



Authored the New York
Times bestseller *Style
A to Zoe: The Art of
Fashion, Beauty, and
Everything Glamour*.



*The Rachel
Zoe Project*
debuts—it's
now in its
third season.



Launched a
fashion
collection
at QVC.

Her new fashion
line, The Rachel
Zoe Collection,
comes out
in the fall.

1993

1993-2001

2002

2007

2008

2009

2011

GLOBAL NEWSMAKER

Lisa Ling didn't dream of being on TV to change other people's lives—she dreamed of being on TV to change her own life. As she was growing up in Los Angeles, her family didn't have a lot of money, and Lisa thought that being on-camera would be the quickest way to success. She was 16 when she landed a job on a teen show called *Scratch*. By the time she was 18, she was reporting for the high school TV network Channel One, and after college, she began to contribute to ABC News. It was her sensitive take on hard stories that got her recognized by news legend Barbara Walters, who handpicked Lisa to be on *The View*. Most people would have felt then they'd truly made it, but Lisa knew there was more out there for her. She left the glamour of the show to go into the field and report stories in dangerous parts of faraway places like the Congo. She was driven by the feeling that revealing the truth was more important than money or fame. In her investigative reports, Lisa has been determined to get personal with the global stories she tells. And now she's going even deeper with her new documentary series, *Inside with Lisa Ling*, on OWN: The Oprah Winfrey Network.

Like Lisa, **Velena, 19**, of Concord, California, has learned that the one-on-one conversations make the best stories. Last spring, she went to the Dominican Republic to film a documentary on kids in the ghetto for a school project. At a time when so many of her friends are obsessed with party girls like *The Jersey Shore*'s Snooki who achieve fast fame, Velena says, "I admire Lisa for setting an example of a smart, successful, professional woman."

Velena: Did you always dream big, even when you were younger?

Lisa: Starting when I was 14, I went through the phone book and called every network and organization to ask if I could shadow people. Throughout high school, I interned everywhere from the game show *Joker's Wild* to the nonprofit Women in Film, all while hostessing in a restaurant. I wanted to learn as much as I could about the industry.

Velena: Were you scared to go after a career in such a competitive field?

Lisa: I became so passionate about the job that I didn't really think about the competition. I fell in love with telling stories and traveling. I just want to *love* what I do. If you love what you do and you're not doing it with the intention of becoming rich and famous, you'll be fine.

Velena: Who inspired you to work so hard?

Lisa: CNN anchor Anderson Cooper was an intern at Channel One News when I worked there—he was a great example that you've got to hustle and really put in the time. He worked all night logging film, then one summer he went to Vietnam to teach English, took a video camera, and put together some stories. The executive producer was so blown away by what Anderson had done that he said, "Let me put you on-air." It's people who work hard and are willing to do the grunt work who ultimately become successful. It does not come easy.

Velena: What does every girl need to know to be able to follow her dreams?

Lisa: Making mistakes is okay. They are the best lessons. And never think that you are above anyone. Treat everybody as important, no matter who they are and what they do.

Velena: What big risk has really paid off?

Lisa: Even though it was scary to leave my job on *The View*—it was fun interviewing celebrities and getting invited to so many parties and events—I felt like I wasn't done doing what I loved most: telling stories. Now I'm getting to do a documentary series that I've always dreamed of doing with my own show on the OWN network. A few weeks ago I was in a community that is being ravaged by heroin. And there's nowhere else I would have rather been than right there, where the story was. *Every* story is the most important story. It's something that I *have* to do.

LISA'S DREAM BIGGER TIP

"Spend some time traveling. It widens your perspective and makes you more well-rounded. People are impressed when you can engage them in conversation about subjects like politics, architecture, and science."

FASHION STYLIST: BEAU QUILLIN; HAIR & MAKEUP: (VELENA) SONI, (LISA) JACKET, EVER; SHIRT, SPLENDID; JEANS, J BRAND; SCARF, REBECCA TAYLOR; ON VELENA: JACKET, 7 FOR ALL MANKIND; SHIRT, BOGG MAX AZRIA; JEANS, PAIGE DENIM; SCARF (WORN AS BELT), ECHO.

*"Following your passion is
far more fulfilling
than following the money."*

—LISA LING

LISA'S DREAMLINE

Cohost of
Scratch, a
national teen
TV show, at
the age of 16.

1989

Graduated from
high school and
became a
correspondent for
Channel One News

1991

Handpicked
by Barbara
Walters as a
cohost on
The View.

1999

Became the first female
host of *National
Geographic Ultimate
Explorer*, saying she missed
investigating hard news.

2002

Began
contributing
to *The Oprah
Winfrey
Show*.

2004

Lobbied to get her sister, Laura,
released from a North Korean prison.
The following year, wrote the book
Somewhere Inside with Laura about her
captivity and Lisa's fight to free her.

2009

Hosting her own
documentary series,
Inside with Lisa Ling,
on OWN: The Oprah
Winfrey Network.

2011

POWERHOUSE PRODUCER

You probably know **Kara DioGuardi** from the judging panel on *American Idol*, but what you might not know is that for years you've been singing along to dozens of pop songs she's written and produced for mega-stars like Christina Aguilera, Kelly Clarkson, and Carrie Underwood. As a teen, Kara stopped herself from chasing her dream of being a singer because she doubted she could succeed in a competitive industry. It was only after she dug deep in her soul and realized music was her calling that she left her entry-level job at *Billboard* magazine to make a demo that put her songs in front of record execs. Now after years of making connections with important people in the field, Kara is one of those record execs, and she's making dreams come true for girls just like her. While so many girls start out wanting the spotlight, Kara learned it's more satisfying to be the one *creating* the hits, rather than just performing them.

Loryn, 19, from Orange County, California, writes, records, and produces too. She told her mom at age 4 that she wanted to be a "singing doctor" because she believed music could heal people. "Kara knows to listen to her heart, and she can recognize talent and turn others into hit makers too. She's living my dream," says Loryn.

Loryn: When you were 17 years old, what was your big dream?

Kara: Secretly, I always wanted to be a singer. My parents felt musicians were a bunch of drug addicts and crazy people, so I thought about going to law school because my best friend was going there. I never really did anything to pursue performing because I had stage fright. There are going to be naysayers who fill you with fear that your dream won't work out, but you can't get caught up in self-doubt. I didn't do music at first because I knew it was going to be a tough road, and that made me really depressed. I was stuck in one world but wanted to be in another one. I developed an eating disorder during the years I wasn't listening to my heart. And it forced me to ask tough questions: Who are you? What do you really want to do? For me, it was music.

Loryn: How can girls figure out what they're really passionate about?

Kara: Write down all the moments in your life that you've felt happiest. Not because of some guy, or because your parents took you on a vacation, but when you were doing something. And that's where dreams come into play, because dreams are what your inner voice is telling you that you really want to do. Maybe your inner voice is saying, I love music, which means there are many things you could do. If you have the talent, you could be a singer. Or you could work in a studio. You could do PR at a record label. There are many different avenues that you could follow, but your core would be music if that makes you happy.

Loryn: When you know your dream, what's the first step to making it real?

Kara: Visualize yourself in that scenario. You want to be an artist? Close your eyes and think of yourself on that stage. Really take yourself to that place, from feeling the heat of the lights to hearing the crowd scream your name. Imagine yourself in that situation over and over and over again. It will help you overcome your fears and motivate you to do the hard work so you can get into that career. Pretty soon, it will just be something that you know you're going to be able to do someday. Make it your mantra. Always say it in the present: "I am *going* to do it," instead of, "I want to, I wish I could—" Empower yourself. Whenever I hear, "I wish—" I think, What do you mean, "I wish"? Do you think some fairy is going to come down and sprinkle dust on you, and it's going to happen? No, it's, "I *am* going to do this."

Loryn: But what if you don't always succeed?

Kara: You never learn from your successes—ever. You learn from your failures, and they will lead you somewhere else. There's always a reason it happens, and something better always comes along.

KARA'S DREAM BIGGER TIP

"There's no shortcut to being great. You have to work at it. It's your duty to stay up all night working on your dream, perfecting your skill. Then when the opportunity comes, you can showcase everything you've been doing."

"Your first obligation is finding out what you were put on this earth to do. When you achieve a dream, it's unlike anything you can imagine."

—KARA DioGUARDI

KARA'S DREAMLINE



Fresh out of college, nabbed a job as an assistant at *Billboard*.

1992



Wrote her first number-one single "Spinning Around," with Paula Abdul (performed by Kylie Minogue).

2000

Co-owner of production company Arthouse Entertainment. Released songs on 150 million hit records.

2002



Wrote "Rich Girl" for Gwen Stefani and "Pieces of Me" for Ashlee Simpson.

2004

Partnered with Phoenix House to build a recording studio for underprivileged teens in L.A.

2006

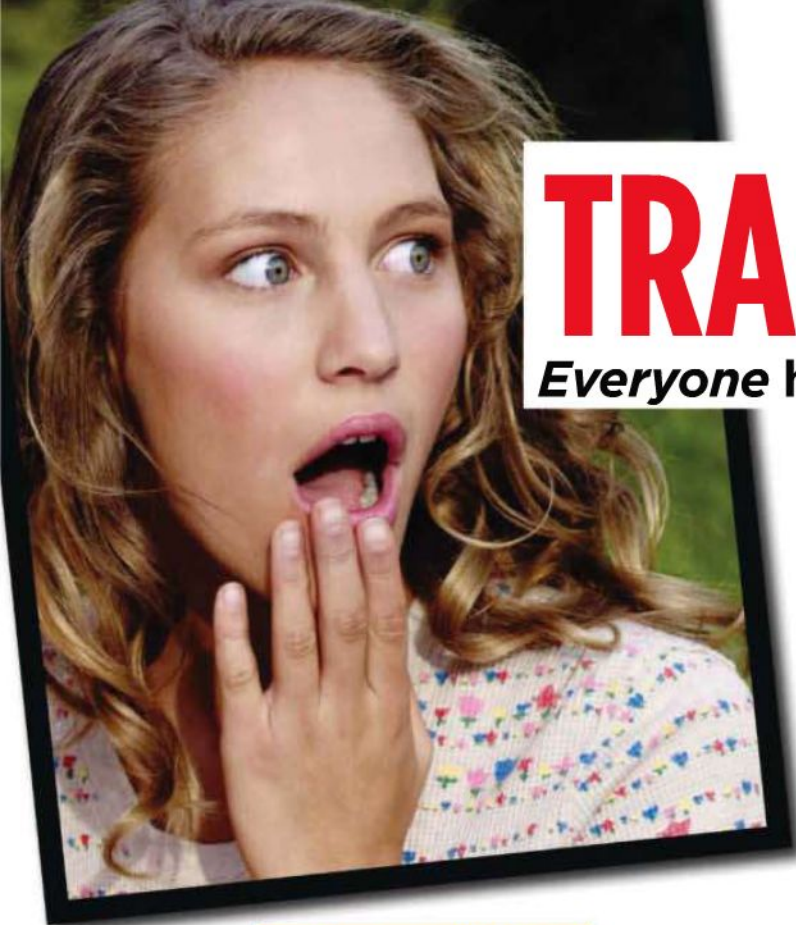
Became Executive VP of Talent at Warner Brothers Records, signing new artists.

2007



Became a celebrity in her own right as a judge on *American Idol*.

2009



TRAUMARAMA!

Everyone has had humiliating moments.

extra padding

“One day in math class, our teacher told us to take out our binders. I grabbed mine from my backpack and my, *ahem*, feminine hygiene products went flying out of my bag onto the floor! Everyone in class snickered as I hurried to pick them up. My guy friend even leaned in and whispered to me, ‘So I’m guessing you’re going to be moody this week!’”

that takes the cake!

“My BFF brought a cake to school on my B-day, and I jumped up and down with it out of excitement. Then *bam*—it fell on the ground! Someone snapped this pic and posted it on Facebook so that I could remember my klutz move forever!”



That's the cake!

insecurity camera

“After my birthday party, my friends and I decided to go **skinny-dipping** at the hotel pool really late at night. We stripped down and **jumped** in. After 15 minutes of laughing and swimming, one of my friends **tapped** my shoulder with a mortified expression on her face. She pointed to the top left corner of the room. I looked up: There was a camera!

Everything had been caught on tape. We put our clothes on at **lightning** speed and ran out of there as fast as we could.”

'SNOT FUNNY

“I was at school, eating lunch with all of my friends, and my seasonal **allergies** were acting up. I took a **bite** of my sandwich, then got the feeling I was going to **sneeze**.”

Thinking I could hold it in, I kept eating. Out of nowhere, a huge **sneeze** came out.

I blew peanut butter chunks on *everyone*, including my **crush!**”



the love boat

“My **family** and I went on a **cruise**, and my cousin and I met these cute guys, Ethan and Elliot, on the first day. We ended up having a hot **makeout** session on the top deck with them. The next day we found another couple of guys we liked named Allen and Jake, and we **hung** out with them all day. They invited us back to their **cabin** and when we walked in the room, Ethan and Elliot were in there! It turned out that all the guys were on the **trip** together. Pretty awkward!”

need a refill?

"Before the homecoming dance, my crush and I had dinner at a nice restaurant. We were having a blast, but halfway through the meal, his boutonniere got crooked, so I leaned over to fix it. As I was reaching out, I accidentally bumped my water and it spilled all over him! The whole restaurant started oohing and laughing. Luckily he didn't get mad, but I felt so bad!"

peekaBOO!

“On Halloween, I was an '80s girl. When I looked at the pics from the party later on, I noticed my skirt had ridden up to my butt cheeks. Turns out everyone saw it, but no one told me. Ugh!”



BOOGIE MONSTER

“I was in English class and felt my nose **running**. I had been suffering from a sinus infection that week and was getting **nosebleeds**, so I immediately thought I was bleeding. I looked over at the **girl** next to me and **asked** her if I was. She seemed shocked, so I quickly wiped my nose with my **hand**—and discovered it wasn't blood I'd felt, but a **giant** snotty **booger** smeared across my face!”

size matters

“I wore my brand-new white jeans to school one day. Some guys pointed and laughed at the back of my pants as I walked down the hall. A random girl finally pulled me aside and told me why: I'd forgotten to take off the sticker on the back that repeated my size over and over again.”



CELEB TRAUMA!

“I was **singing** during the *American Idol* tour, and there was this part where I was **crossing** to the opposite side of the stage. All of a sudden, I ended up slipping in my **high** heels and **fell** down hard! I stayed down there for a second, swaying on my **butt**, and kept singing, just hoping I could play it off.”

—jordin sparks

Hey, Jordin, just take it
“One Step at a Time!”

diaper diva

“I was at my boyfriend's **house** when we got into a tickle fight. He got me good and I couldn't break away. I **laughed** so hard that I **peed** my pants right there. He wouldn't stop making fun of me and I had to run **home** to get a clean pair of undies. Even more embarrassing, our anniversary was that week and he tied a big red **bow** around a package of **Pampers** and gave it to me as a gag gift. I died a little!”

dinner for two

“One day I was in a hurry and scarfed down some Taco Bell in a matter of minutes. Later, I ran into this really cute guy from school. He yelled my name and came over to give me a hug. He squeezed me so hard, I burped in his face. To make it worse, his response was, ‘I tasted that.’”

Giveaway Rules

NO PURCHASE NECESSARY. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States or District of Columbia. Void in Canada, Puerto Rico, and where prohibited by law.

HOW TO PARTICIPATE IN THE JCPENNEY OLSENBOYE GIVEAWAY (page 20): Beginning at 12:01 A.M. ET, September 7, 2010, through 11:59 P.M. ET, October 18, 2010. 1. Visit JPTeen Facebook at facebook.com/jcpteent. 2. Click "LIKE" JCPTeen. 3. Then click the Olsenboye tab at the top of the page for a link to receive your free tee. No purchase necessary. The first 5,000 fans to submit a valid entry will receive one free Olsenboye T-shirt. No returns, exchanges, or substitutions. No cash value. Once sponsor has given away all 5,000 T-shirts, a notice will be posted on facebook.com/jcpteent and there will be no substitute product given away. You must be at least 13 years old to participate. Do not submit an entry if you are under 13 years of age. Your information will be collected for verification and shipping purposes only. Subject to applicable law. Void where prohibited.

HOW TO PARTICIPATE IN THE FREE MUSIC GIVEAWAY (page 132): Starting at 12:01 A.M. ET, September 14, 2010, go to seventeen.com/newmusic and enter the following codes on the individual entry forms. If your online entry is one of the first 10,000 to be received by Sponsor, you will receive one (1) free download. To download "Happiness (Acoustic)" by Alexis Jordan, enter the code "glitter"; to download "Chasing Lizzie" by Burnham, enter the code "sparkle"; to download "Your Love" by Nicki Minaj, enter the code "shine." Offer ends October 18, 2010. Sponsor's order of receipt is final. Sponsored by Hearst Communications, Inc.

Sweepstakes Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Must be female, between the ages of 13 and 29, and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law, unless otherwise noted. Odds of winning depend on the total number of eligible entries received.

HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES (page 12): Go to survey.seventeen.com and complete and submit the entry form pursuant to the on-screen instructions beginning at 12:01 A.M. ET, January 4, 2010, through 11:59 P.M. ET, December 11, 2010. One (1) winner will receive a \$500 American Express Gift Card, and five (5) winners will receive a \$100 American Express Gift Card. Sweepstakes subject to complete Official Rules available at survey.seventeen.com.

HOW TO ENTER THE OCTOBER DAILY FREEBIES (page 22): Complete and submit the online entry form at seventeen.com/freebies beginning at 12:01 A.M. ET, October 1, 2010, through 11:59 P.M. ET, October 31, 2010. Daily sweepstakes will be held each day starting at 12:00 A.M. ET and ending at 11:59 P.M. ET each day for 30 days. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE COMPLEXION PERFECTION SWEEPSTAKES (page 94): Go to seventeen.com/freebies beginning at 12:01 A.M. ET, September 7, 2010, through 11:59 P.M. ET, October 18, 2010. Twenty (20) winners will receive one (1) set of Clean Scene by Murad's skin care line. Total approximate retail value: \$99. Total approximate retail value for all prizes awarded: \$1,980. Void in Canada, Puerto Rico, and where prohibited by law. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE AMAZING SKIN SWEEPSTAKES (page 96): Go to seventeen.com/freebies beginning at 12:01 A.M. ET, September 7, 2010, through 11:59 P.M. ET, October 18, 2010. One thousand (1,000) winners will receive one (1) set of full-size bottles of Kiehl's Ultra Facial 3-Step-Cleanse, Tone, Moisturize. Total approximate retail value: \$53. Total approximate retail value for all prizes awarded: \$53,000. Void in Canada, Puerto Rico, and where prohibited by law. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE OCTOBER ALL ACCESS SWEEPSTAKES (page 106): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, September 7, 2010, through 11:59 P.M. ET, October 18, 2010. One (1) winner will receive Leggings (approximate retail value: \$30), Running Shorts (approximate retail

value: \$25), Hoodie (approximate retail value: \$40), Duffel Bag (approximate retail value: \$30), Sports Bra (approximate retail value: \$25), Seamless Tank (approximate retail value: \$40), Lanyard (approximate retail value: \$10, and Running Socks (approximate retail value: \$6) from Aerie f.i.t. Total approximate retail value for all prizes awarded: \$206. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE WISH COME TRUE SWEEPSTAKES AKA THE FREE COLLEGE GIVEAWAY (page 127): **NO PURCHASE NECESSARY TO ENTER OR WIN.** The Wish Come True Sweepstakes aka The Free College Giveaway. Sponsored by Hearst Communications, Inc. Go to seventeen.com/freecollege, and complete and submit the entry form pursuant to the on-screen instructions. Beginning at 12:01 A.M. ET, February 1, 2010, through 11:59 P.M. ET, January 31, 2012, one (1) Grand Prize Winner will win \$250,000. Twenty-four (24) First Place Winners will receive \$1,000 each. Twenty-four (24) Second Place Winners will receive \$100 each. Odds of winning will depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete Official Rules available at seventeen.com/freecollege.

HOW TO ENTER THE OCTOBER ENTERTAINMENT SWEEPSTAKES (pages 130-134): Go to seventeen.com/freebies to enter, beginning at 12:01 A.M. ET, September 7, 2010, through 11:59 P.M. ET, October 18, 2010. One (1) winner will receive two tickets to the American Music Awards (approximate retail value: \$700). Ten (10) winners will receive a Season 1 DVD and all of the music from Season 1 of *Glee* (approximate retail value: \$120). Five (5) winners will receive a copy of *Justin Bieber First Step 2 Forever: My Story* and a signed copy of *My World 2.0* (approximate retail value: \$30). One hundred (100) winners will receive a pair of movie tickets from Fandango (approximate retail value: \$20). Twenty-five (25) winners will receive an autographed copy of Ne-Yo's *Libra Scale* (approximate retail value: \$13). Total approximate retail value for all prizes awarded: \$4,275. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

Contest Rules

HOW TO ENTER THE 2011 FICTION CONTEST (page 136): Sponsored by Hearst Communications, Inc. Complete and submit the online entry form at seventeen.com/fiction beginning at 12:01 A.M. ET, September 14, 2010, through 11:59 P.M. ET, December 31, 2010. Or you can send your entry to *Seventeen*, 2011 Fiction Contest, 300 W. 57th St., 17th Floor, New York, NY 10019. All entries must include a piece of original fiction (no more than 500 words). One (1) winner will receive a cash prize of \$5,000; have the story published in a 2011 issue of *Seventeen*; and receive a phone call from Suzanne Collins. Must be female between 13 and 21 years old and a resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec Province and where prohibited by law. Contest is subject to complete Official Rules available at seventeen.com/freebies.

Seventeen (ISSN 0037-301X) is published monthly with combined issues in December/January and June/July, 10 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Volume 69, number 10. Frank A. Bennack, Jr., Vice Chairman and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: Cathleen P. Black, Chairman; David Carey, President; John P. Loughlin, Executive Vice President & General Manager; John A. Rohan, Jr., Vice President and Group Controller. © 2010 by Hearst Communications, Inc. All rights reserved. *Seventeen* is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at N.Y., N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$20 for one year. Canada: \$20 for one year; all other countries \$30 for one year. Subscription Services: *Seventeen* will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. For subscription inquiries and customer service, visit service.seventeen.com or write to Customer Service Dept., *Seventeen*, P.O. Box 6000, Harlan, IA 51593. *Seventeen* is not responsible for unsolicited manuscripts or art. None will be returned unless accompanied by a self-addressed stamped envelope. Unsolicited manuscripts and photographs will not be returned unless accompanied by return postage and envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Send address changes to *Seventeen*, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.

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OCTOBER HOROSCOPES

by sally brompton

libra

Sep 23–Oct 22

You've got creativity to spare, Libra, and under the full moon on the 23rd, you'll be poised to grab the spotlight (in the school play, perhaps?). Making sure everyone works well together is just as vital to you as expressing your vision, so you'll share the praise. Talk about good karma!



scorpio

Oct 23–Nov 21

Your BFF thinks she's found the perfect guy for you, and with Venus and Mars in your sign on the 3rd, she'll go overboard trying to arrange a way for you to meet him. Face it: You're a *little* curious, so agree to a low-key group date to see if you click. Just trust your gut on this, Scorp!

sagittarius

Nov 22–Dec 21

With school in full swing, it's been tough finding the time for your whole crew to get together. Help is on the way! When the sun moves into the friendship area of your chart on the 16th, everyone will be free (and psyched!) for a big night out, so start planning now!

capricorn

Dec 22–Jan 19

Take-charge Capricorn girls love the chance to prove themselves, and this month the stars will work in your favor! On the 1st, the sun and Saturn will join forces to help you land an interview for a cool internship or after-school job. You'll crush it!

aquarius

Jan 20–Feb 18

Guys are drawn to your independent streak—but then they get all clingy if you're off doing your thing. But on the 24th, Mars and Uranus will introduce you to a guy who *gets* that you need your space. You'll have a blast with him but still have time for *you*!

pisces

Feb 19–Mar 20

Because of your sensitive nature, people are always confiding in you. You can usually be trusted with *any* secret, but when Mercury and Saturn link at the start of October, you'll hear gossip so juicy, you'll be tempted to spill it. To keep people from getting hurt, zip it, Pisces!

aries

Mar 21–Apr 19

Your two BFFs have been arguing nonstop, and on the 5th, the tension will explode into a fight of epic proportions. An unflappable Aries like you isn't fazed by drama, so once things cool down, you'll be the one to help them make up!

taurus

Apr 20–May 20

Admit it, Taurus: When you have a crush, you can't help daydreaming about him *a lot*. But when Venus goes retrograde on the 8th, your thoughts may get *obsessive*. Reach out to your close-knit group for support: They'd love to plan fun stuff to help you refocus your energies!

gemini

May 21–Jun 20

Two guys are vying for your affection, and they'd like you to pick already! Understandable, but with Mercury going haywire for the first three weeks of the month, it will be *impossible* to make a choice and stick with it, so don't even *think* of deciding until the 21st!

cancer

Jun 21–Jul 22

The moon seems to affect Cancer girls more than *anyone*. From the 7th to the 22nd, the new moon will put you in the *best* mood—but when it turns full the next day, you'll crash! A girls' night in with DVDs and hot chocolate on the 23rd is the way to go.

leo

Jul 23–Aug 22

When Mars moves into the romance area of your chart from the 28th on, you'll be majorly ready to meet a new guy. There will be a few candidates in the running, all of them *super* into you. PS: One cutie is not your usual type, but he'll be the most fun out of all of them!

virgo

Aug 23–Sep 22

A guy you know has been down in the dumps, and you'd love to find a way to cheer him up! On the 25th, Venus will send you inspiration for a special day for just the two of you. Your tender attention will lift his spirits (and his feelings for you will deepen)!

be colorful.



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